

**Staying fit ... and wet**

Exercisers take to water at Eyster Pool to get or stay in good physical condition

Page 19

Fort Riley Post

It's 'Robin Hood' ... well, sort of

Post youth give fabled characters entertaining twist after week's rehearsal

Page 11



Friday, July 21, 2006

America's Warfighting Center

Vol. 49, No. 29

Around the Army**Korea:**

The Pacific Stars and Stripes reported July 19 that no negotiations had begun between Worldcup Arranging Tourism Company Ltd. and its 270 drivers on the fourth day of a strike that left U.S. military bases in Area I and Area II without taxi service.

Army and Air Force Exchange Service officials released a short statement saying they expected taxi service to resume "as quickly as possible."

The union president said he was unsure how long the strike would last or whether the drivers' jobs were at risk.

The drivers are asking for a 100,000-won monthly raise to their 400,000-won base salary, a \$105 increase to \$420.

For more on this story and other U.S. military news in the Pacific and European theaters, visit www.estripes.com/ on the Web.

Fort Rucker:

The Army Flier reported July 19 that toes were tapping, hands were clapping and heads were nodding at Aviators' Landing July 14 as 11 Mega Bucks II karaoke contest semi-finalists belted out tunes to fit any music lover's ear.

The first 10 contestants were finalists in previous Mega Bucks II karaoke contests from the previous eight weeks. An 11th contestant was added to the singers vying for a chance to go to the finals July 21 in the main ballroom of Aviators' Landing.

The contestants are competing for the grand prize of \$2,500 and second place of \$1,000.

For more on this story and other Fort Rucker, Ala., news, visit www.armyflyer.com/apps/pbcs.dll?section=Category&Category=ARMYFLIER on the Web.

Fort Knox:

The Turret reported July 13 that the post's grass would get cut at least one more time before fall.

Congress approved a supplemental bill to cover some of the Army's garrisons operations costs through the end of the fiscal year, but it isn't expected to cover all the costs.

Fort Knox's director of public works said the grass will get cut at least one more time, probably twice. But, it depends on how much money trickles down from Installation Management Agency and the Southeast Region Organization.

For more on this story and other Fort Knox, Ky., news, visit www.thenewsenquirer.com/turret/ on the Web.

Fort Lewis:

The Northwest Guardian reported July 17 that Secretary of the Army Francis J. Harvey arrived at Fort Lewis, Wash., July 6 for a first-hand look at junior leader training.

Harvey spent the morning observing training, reviewing the progress of current programs and talking to Soldiers and leaders.

For more on this story and other Fort Lewis news, visit www.nwguardian.com/ on the Web.

Soldier turns in \$55,000 in euros

By Lee Elder

Army News Service

BAQUBAH, Iraq — A Fort Campbell, Ky., Soldier who accidentally uncovered more than \$55,000 in cash at the site where Iraqi terrorist Abu Musab al-Zar-

qawi met his death said he never considered keeping the haul for himself.

Instead, Spc. John Larkin, Headquarters and Headquarters Troop, 1st Squadron, 32nd Cavalry, 101st Airborne Division, turned the money over to his platoon leader. After opening the

tape-bound envelope, they found Euro notes worth about \$55,000.

Three days after U.S. air strikes destroyed the home where al-Zarqawi was hiding, Larkin was accompanying Soldiers from 1-68th Combined Arms Battalion, 4th Infantry Division, Task Force Band of Brothers, as they provid-

ed security for engineers clearing the rubble. It was then that he saw a bulldozer turn up an object.

"As the bulldozer was moving dirt back and forth, I went to see this brick," Larkin said. "I was going to pick it up, but I found out it wasn't a brick. It was a wad of money, six or seven inches,

wrapped in cardboard and it was all taped up."

Larkin and Pfc. Jacob Ponce, a member of 2nd Platoon, B Troop, 1st Sqdn., 32nd Cav., began calling for their platoon leader, 1st Lt. James Hester. The thought never

See \$55,000, Page 9

New war zone

'Village' will offer unique training site

By Anna Morelock

Staff writer

A new town is popping up on Fort Riley, right in the middle of a war zone.

Right now the streets are dirt and contain ruts of mud after a rain.

On the edge of town, a farmhouse overlooks the 28 buildings situated just down the road.

A bulldozer drives past the church, the steeple of which offers a view unparalleled in the budding town.

Down the road from the church, past the clinic and two warehouses, hard hats peek out over the unfinished roofs of townhomes as workers finish up the concrete structure.

Unlike the new housing areas and unit headquarters under construction across Fort Riley, "Victory Village" won't be populated with incoming troops and families. It will become a war zone.

The village, known as a Combined Arms Collective Training Facility, is one part of the \$14 million plus urban operations assault course being built on post. After events in Mogadishu in 1993, which many people remember from the book and movie "Black Hawk Down" based on the event, the Army realized it was ill-equipped and ill-trained for urban assault operations, said CACTF "Mayor" Darryl Becker. That's when they came up with the plans for the five-part urban assault course.

The four other sections of the course include individual training, breach facilities, a shoothouse and urban offensive and defensive building. "Victory Village" is a culmination of everything the Soldiers will have learned up to that point, except at the CACTF they'll be able to throw in tanks, infantry, combat vehicles and actually approach a small town and run through a complete engagement, Becker said.

After the individual weapons portion of the course, Soldiers will move to the squad level where they will learn to breach doors and windows using explosive charges. The breach facility, going in at Range 52, will consist of facades with easily replaceable doors and windows made of material such as drywall or plywood. By using such materials, the openings can be blown,



Nestled on the edge of town, a farmhouse under construction overlooks the bustle of activity going on at the CACTF "Victory Village."

See Village, Page 3

Action earns Bronze Star

2nd Bn., 34th Armor Soldiers receive medals

By Anna Morelock

Staff writer

Spc. Nicolas Hei spent his birthday last year being treated for wounds he received when a chunk of concrete struck him in the face during an ambush in Baqubah, Iraq. Hei, an M1A1 tank crewman with 3rd Platoon, Company B, 2nd Battalion, 34th Armor, was in the lead tank when an improvised explosive device detonated.

Down the road from Hei, Platoon Sergeant Sgt. 1st Class Michael Vars's "Humvee" was bombarded with a rocket propelled grenade and small arms fire. Vars gave the order and the Soldiers in his "Humvee" maintained contact with the insurgents, killed three and captured their weapons.

Back at Fort Riley in the conference room of the new "Dreadnaught" headquarters at Camp Funston July 11, Hei received a Purple Heart and Vars was recognized with the Bronze Star Medal with "V" device for valor.

"I feel good," Hei said about the purple ribbon and heart pinned to the left breast pocket of his Class A's. "It took a little while. It took about a year for me to get it, but I ended up getting it and I feel really good about it."

Col. Jeffrey Ingram, 1st Brigade commander, spoke to the assembled Soldiers and family members during the ceremony. While deployed, he said, Soldiers have the opportunity to be hurt every 15 minutes. "We're lucky you're here with us in one piece," he said to Hei.

The Bronze Star Medal with "V" device Vars now wears is awarded to Soldiers for heroic actions in connection with military operations against an armed

See Awards, Page 2

Colonels end 54-plus years military service

Fort Riley bids farewell to assistant division commander, chief of staff

By Mike Heronemus

Editor

Two key Fort Riley leaders ended more than 54 combined years of Army service and were honored at a ceremony in front of the post headquarters July 21.

Col. Lee A. Staab, a native of Hays, Kan., who saw three tours of duty at the Army's Warfighting

Center, retired after 27 years' active duty. He leaves Fort Riley after serving as 24th Infantry Division (Mech) assistant division commander for support since June 24, 2005.

Col. William E. Perkins, a self-proclaimed "country boy" who hails from Cleburne, Texas, wraps up his active duty time of "27 years, three months and 23 days"

after serving as the division's chief of staff. Before that he commanded the 937th Engineer Group, a unit Staab also commanded and which inactivated at Fort Riley.

Both officers are graduates of the U.S. Military Academy at West Point, N.Y., which adds four years of real time to their careers in the Army.

Perkins also attended the academy's prep school for a year before becoming a cadet.

Both engineer officers claim opportunities to command Soldiers as personal highlights in their careers.

Staab: Opportunity to shape leaders

Staab recalled his six to seven years in command of a company and the 70th Engineer Battalion and 937th Eng. Gp. at Fort Riley as his most rewarding experiences in the Army.

"The opportunities to command Soldiers ... are probably the most challenging assignments,

See Colonels, Page 4





Post, Army news briefly

Speaking opportunities:

Operation Tribute to Freedom's Welcome Back to School! initiative is looking for ROTC graduates of certain colleges who have served in Iraq or Afghanistan and who would be willing to participate in campus opportunities, including speaking and recognition events.

Colleges and universities interested in hosting active duty military members at such events are Alabama A&M University, North Carolina A&T State, Tuskegee University, Elizabeth City State University, Florida A&M University, Saint Augustine's College, Fort Valley State University, Howard University, Southern University and A&M College, Bowie State University, Morgan State University, Alcorn State University, Lincoln University, Central State University, Prairie View A&M, Hampton University, Virginia State University, Norfolk State University and West Virginia State College.

Any officer interested should send e-mail to april.blackmon@riley.army.mil. Responses must include the Soldier's name, contact information and bio with brief deployment history.

Office closed:

The Office of the Inspector General will be closed on July 28 for an Organization Day.

New tourniquet among Army's top inventions

By Karen Fleming-Michael
Army News Service

WASHINGTON — A tourniquet tested by Army researchers and recommended as the best to give to every deployed Soldier in Iraq and Afghanistan was honored June 21 as one of the Army's 10 Greatest Inventions for 2005.

The Combat Application Tourniquet was tested with eight other tourniquets in 2004 at the U.S. Army Institute of Surgical Research in San Antonio. The evaluation was prompted because many deploying Soldiers and units were purchasing tourniquets off the Internet, but the tourniquets' effectiveness had not been determined.

Once testing was complete, the institute's researchers recommended the Combat Application Tourniquet be pushed to deployed troops to stop otherwise lethal blood loss.

"If USAISR (U.S. Army Institute of Surgical Research) hadn't done the work, there still wouldn't have been an effective tourniquet out there," said Dr. Tom Walters of the institute that studies how to save the lives of Soldiers who are wounded in combat.

Up until that point, he added, the tourniquets that were available through the military's supply system included a cravat-and-stick tourniquet that Soldiers were taught how to use in basic training and the strap-and-buckle tourniquet that dated back to the Ameri-

can Civil War. The latter "had always been known to be ineffective," Walters said.

"The ISR's efforts resulted in removing this tourniquet from the inventory and a removal of its national stock number." A third tourniquet, called the one-handed tourniquet, was also available but, while it worked on arms, it didn't work well on legs.

In the "tourniquet-off" held at the institute during the summer of 2004, 18 volunteers helped evaluate the nine tourniquets' ability to cut off blood flow. When the results were in, the CAT, as well as two other tourniquets, came out on top. The CAT had a smaller learning curve than the others, so researchers recommended it for the Army. The Marine Corps has adopted it as well.

Getting a tourniquet to the troops was only part of the work the Institute of Surgical Research accomplished. The team also changed doctrine. During World War II, tourniquets were frequently used, but fell out of favor with doctors who were treating evacuated patients, said Walters, a muscle physiologist.

Two studies helped to improve attitudes about tourniquets when both came to the same conclusion: Seven to 10 percent of battlefield deaths in Vietnam and Somalia were caused by profusely bleeding arm or leg wounds, and if a tourniquet had been used, the servicemember would most likely have lived.



Col. Jeffrey Ingram, 1st Brigade commander, addresses medal recipients, Soldiers and family members July 11 at the 2nd Bn., 34th Armor, award ceremony.

Post/
Morelock

Awards

continued from page 1

enemy.

Vars recalled the night of the ambush, the anger he felt about Hei's injury and the fear as RPGs went off around his "Humvee."

"It could have destroyed us," he said about an RPG that flew past the windshield of his vehicle. "It was fearful at the time, but you've got to reach down deep inside."

Ingram expressed his pride in the Soldiers, not just those receiving medals, but to all in the room and commended Vars for earning the medal.

"A very small percentage of you get the opportunity to do something that results in a fantastic award with a valor device. Given the same circumstances, every single Soldier here would

have reacted the exact same way. You just haven't had the opportunity, and I hope you never do," he said.

"My hat is off to you for the wonderful award you earned," he said, turning to Vars. "It is not a gift. You earned it and you definitely deserve it."

Vars said he owed a lot to his platoon. "We don't do this alone," he said. "If my driver hadn't spotted the guys, if my gunner hadn't been doing what he did, and I hadn't directed the fight to chase these guys ..."

"Murphy was on our side for once," Vars said. "Everything that could go wrong did go wrong for the enemy and it went right for us."

During the ceremony, four

"Dreadnaught" Soldier's also received Bronze Star Medals for their meritorious service during Operation Iraqi Freedom.

The medals went to:
Capt. Michael Dorschner, who served as the assistant S3 and military transition team operations officer.

1st Lt. Matthew Hardesty, who served as the Company B fire support officer and later transitioned to the targeting officer in the battalion fire support element.

Sgt. 1st Class Loel Garrison, who served as the Co. B maintenance team chief; and

Staff Sgt. Richard Gentry, who served as a Company C tank commander.

Anna Morelock can be contacted at anna.morelock@riley.army.mil or 239-3032.

LIVING WORD CHURCH - MANHATTAN
3 x 2.5"
Black Only
3X2.5 Liv Wd Church TF

CHARTER COMMUNICATIONS- THAYER
3 x 10.5"
Black only
3X10.5 Charter #7242

4X4 LAND, INC.
3 x 2"
Black Only
3x2 4x4 Land JulyTF

GEICO- AFC
3 x 10"
Black Only
689571 Commitment Service





A worker drives down the main road through "Victory Village." The church, which sits near the center of town, offers views of the whole facility from its tower.



Contractors work on the roof of the town jail. A leg of the tunnel system is visible where it connects to the exposed basement foundation of the jail.



A Military Transition Team works its way through the shoot-house July 15. The group was among the first Soldiers to use the new live-fire facility at Fort Riley.

Village continued from page 1

cleaned up and replaced without damage to the structure.

At the shoothouse on Range 5, Soldiers will get the chance to clear rooms and engage targets in a live-fire environment. The urban offensive and defensive building going in at Range 4 will let Soldiers clear rooms, learn how to properly clear tunnels in the tunnel trainer, blow doors and windows and rappel from roofs.

Victory Village contains elements of all of the previous course sections on a larger scale. Besides the farmhouse, church, clinic, warehouses and townhomes, the village boasts a bank, jail, hotel, government building, single family homes and a maintenance garage Soldiers can use to park vehicles and fix them, if need be.

Behind the church, headstones will mark the town cemetery. Beyond the cemetery, a larger expanse of grass will serve several purposes. A water line running to the town needs to be run once in awhile to keep the water from getting stagnant, Becker explained. To keep that from happening, the water will be used on the soccer field, which will also double as a landing pad for helicopters.

Under the town streets, a tunnel system 4.5 feet in diameter adds more complexity to the village.

The concrete buildings, each adorned with a stripe of colored block in red, green or blue on the outside, are mostly empty on the inside, other than the occasional dirt clod or crusted bird dropping. Looks, however, can be deceiving. One of the "furnishings" placed in each building are shelves built into the corners of the rooms to house speakers and

video cameras that will tape the training Soldiers' progress throughout their mission.

The speakers will emit the sounds of the training unit's choice. It's really up to the units how elaborate the training in "Victory Village" can become. "Your scenario is only limited by your imagination," Becker said.

The speakers can pipe in explosive noises or just the normal sounds of town life.

On the opposite side of town from the farmhouse, the control building sits next to two other out-of-play buildings. The control building is where Becker will act out his mayoral duties and where other workers will control town "life."

In one room, the town controllers will run the cameras and other parts of the town. On the other side of the wall, commanders will be able to watch their troops' progress on television. Down the hall, risers and projection screens will accommodate troops as they go through their after action reviews.

Like any growing town, "Victory Village" has had some roadblocks, but "it's moving along pretty well now," said Roy Vaughn with the Army Corps of Engineers. The town is being built in two phases, divided by buildings. Phase one is scheduled to be complete at the end of July and phase two at the end of October.

Of course, unlike the new buildings, "that's not set in stone," Becker said.

Anna Morelock can be contacted at anna.morelock@riley.army.mil or 239-3032.

SCREEN MACHINE
2 x 2"
Black Only
2x2 Screen Machine

WHISKEY CREEK WOOD FIRE GRILL
2 x 2"
Black Only
2x2 Whiskey Creek

AFTER DARK VIDEO
2 x 2"
Black Only
2x2 After Dark Video

USADISCOUNTERS
3 x 10.5"
Black Only
B&W/PU 7/7/06

BRIGGS AUTO LANE
3 x 10.5"
Black Only
3x10.5 Briggs GM



Colonels continued from page 1

but the assignments you enjoy the most," he said. "What you get out of those assignments is the satisfaction of knowing that you helped develop the next generation of leadership for the U.S. Army."

For Staab, that satisfaction came when working with the lieutenants and captains assigned to his units on a daily basis. That satisfaction, he said, "is ... knowing that you did your best so the person that's going to be in your same position five, 10, 15 years from now, you helped to form that officer into the leader that he or she will become later on in their career."

Just because he's leaving active service doesn't mean Staab will forget about the officers who served under him. "One of the things I'm looking forward to is following the careers of some of the Soldiers who were assigned to me when I was younger."

Perkins: Nothing better than command

Perkins said his fondest memories of the time he's spent in the Army come from being able to command Soldiers and to be able to serve as a leader for Soldiers. "Being able to see young Soldiers grow and mature with an understanding it's not all about themselves, it's about us as a whole, as a team" gave Perkins tremendous personal satisfaction, he said.

Part of that satisfaction came from taking "individuals and forming them into a team with a concerted purpose ... oriented at preserving our great freedoms," he added.

"Having traveled throughout the world - Korea, Japan, Thailand, all over southwest Asia, Kenya, Egypt - and seeing how others live and the freedoms they have in comparison to ours, there's nothing like it," he said.

Perkins took command of the 937th Eng. Gp. right after Baghdad fell. "I absolutely loved being a commander in combat," he said.

The 937th's mission in Iraq required Perkins to be on the road every day, he said. "In most cases, it was me personally being on the road with my guys. It made you appreciate that those Soldiers looked to you for leadership and to ensure they are as prepared as they can be for that particular mission."

Staab: Fort Riley presented challenge

Staab said his biggest challenge in his 27-plus years in the military came in the past year to 18 months with all the changes taking place at Fort Riley.

"I have never seen the quality of the (civilian) workforce that I've seen at Fort Riley."

— Col. Lee A. Staab
Assistant Division Commander



"(Service to the nation) is service to millions of people you've never met ..."

— Col. William E. Perkins
Chief of Staff



"We're part of the Army's transformation process. Part of that is equipment change-out; so as each unit comes back, we're turning in a lot of equipment, disposing of that equipment and fitting (units) for the new training mission."

Just the transformation of the post's mission from training complete military units for deployment in support of the war on terrorism to training smaller Military Transition Teams that will help Iraqi and Afghani security forces take more responsibility in that war in their countries is difficult, too, he said.

"On top of that, we're trying to transform the two brigades that are here and at the same time we're trying to remission Fort Riley to serve as the transition team training center for the U.S. Army. That, in itself, is difficult," Staab said.

Each change is very difficult to achieve by itself, he said, but added that while the post is working to achieve that transformation, "We'll grow. We'll bring the 1st Infantry Division back and we've stood up the 4th Infantry Brigade Combat Team. We're bringing back an aviation brigade and the 1st Inf. Div. headquarters."

"I think Fort Riley has done remarkably well handling all those tasks," Staab said.

He insists that the military leadership could not accomplish those changes without the civilian workforce at Fort Riley.

"I'm in awe of the civilian workforce at Fort Riley. The three

times I've been here, I've grown to have a deep appreciation for the civilians because, despite the fact there are people like me and the commanding general and the chief of staff and everybody, the people that provide the support day-in and day-out to the Soldiers who have transitioned through here is the civilian workforce," Staab explained.

Perkins: Command offered challenge

Commanding a unit in combat was his most rewarding assignment, Perkins said without hesitation, but said it also was his most challenging assignment.

"(As a staff officer) I deployed into Saudi, I deployed into Kuwait and had deployed into Kenya, Africa, but it wasn't directly in a combat zone. They were rough areas, yeah, but nothing compared to the challenge I faced as a commander in combat in Iraq," Perkins said. "It's just a very unforgiving environment."

In that situation, a commander constantly bears the responsibility of having his or her Soldiers as ready as possible to go into combat, he explained. "So, I was always questioning and making sure I was getting the right answers. If I didn't get a favorable answer to those questions, then I was looking at what I needed to do to change the situation. I was always questioning myself."

Also a constant concern for Perkins: The welfare and safety of his Soldiers. "I knew they had

family at home who were relying on me to bring their Soldiers home. I didn't lose a Soldier," he said. "I was very fortunate," he added as an afterthought.

Staab: New home, work lies ahead

Staab leaves Fort Riley for a home a few miles west of Larkspur, Colo., not too far from the U.S. Air Force Academy where, in 1992, he was one of six Army officers assigned to the military school.

One of Staab's sons graduated from that academy. The other graduated from West Point. Both have married career officers in their services.

"The three major service academies provide quality education that is second to none," Staab said, based on his experience.

"So, one of the things I've tried to do over the course of the past 10 years or so is to take every opportunity to help young kids in high school get into an academy."

He did that, Staab said, "Because I think part of being in the professional officer corps is the responsibility to help bring in the next generation of officers."

Beyond continuing to try to influence young people to consider a military career, Staab said he will work for a construction and engineering company based in San Antonio, "so I'll be flying around a lot" to company project sites.

Perkins: Future includes sharing

Perkins said he and his wife plan to leave Fort Riley Aug. 11 for their new home in Leesburg, Fla., where his wife's family lives.

"I'm looking at doing everything that ends in 'ing' except work, including visiting," he said.

Admitting that serving in the military is demanding on family as well as on the Soldier, Perkins said he intends to make up for some of those sacrifices by spending quality time with the family, including parents and siblings.

"You can't make up the things you've missed, but I can now make the time to spend more

quality time with the family," he said.

Perkins expresses no regrets about making those sacrifices. "I'm a firm believer that everyone should do some form of service to the nation, to their community, in their life. It doesn't necessarily have to be service in the military, maybe some sort of community work, some sort of program that benefits our nation and the people that are part of our great nation."

Military service is all about people, Perkins said. "It's the camaraderie with (others in the military) and that added bonus of doing something of service to the nation."

"That is service to millions of people you've never met and who don't know you from a hill of beans. However, when they see that uniform, they don't have to know you. They automatically

know what you represent. You represent in uniform what this great nation was founded on and what this great nation exemplifies in being a leader in this world community."

Given any opportunity to do so, Perkins said he will share his military experiences with the community where he will live and with the civilians he will be associated with.

"If I get the opportunity to be able to share with the young folks what service to nation means, what it really means to live in the United States compared to living in other countries, I want to do that," he said.

"I think the challenging part in the future, for me, will be to be a spokesman for our uniformed services and what that really means and to defend that service whenever it is questioned," he said.

CAPITOL PLAZA HOTEL
1 x 6'
Black Only
1x6 Cap Plaza July TF

STATE FARM INSURANCE
1 x 6'
Black Only
1x6 StateFarm Junchans JulyTF

PATRIOT OUTFITTERS
3 x 4'
Black Only
2x4 Patriot Outfitters

MEMORIAL HOSPITAL ABILENE
1 x 2'
Black Only
1x2 memehosp.7/16.10561k

COLLEGE HEIGHTS BAPTIST
2 x 2'
Black Only
2x2 College Heights

SUNFLOWER BANK- JC
3 x 6'
Black Only
3x6.sunbank.7/16.1881.1k

GEARY COMMUNITY HOSPITAL
3 x 6'
Black Only
3x6.gearyh.gch.7/16.1864.1k



Commentary

Friday, July 21, 2006

Fort Riley Post

Page 5

Riley Roundtable

This week's question:

Summer is big moving time for military families. What would you advise to make their moves easier?



"Don't wait till the last minute to do things. Be patient. Don't stress about it."

Kristie Fisher
Military spouse for 10 years
Hometown: "I'm an Army brat."



"Be sure to label everything so when it's delivered you know what to do with everything."

Cindy Fourhman
Military spouse for 13 years
Hometown: Columbus, Ga.



"Try to get all the help you can from family and friends, like helping move heavy things, packing boxes, organizing everything."

Bridgit Lane
Military spouse for three years
Hometown: Washington, Ga.



"Don't do it yourself. Be watchful about fragile belongings."

Kimberly Potter
Military spouse for one week
Hometown: Junction City, Kan.



"Plan your trip ahead for stops and hotel reservations. That way you don't have to push to arrive someplace. That reduces stress. That's how my wife planned it, and that's the best way."

Staff Sgt. Jerry Young
In transit to warrant officer school
Hometown: Oakland, Calif.

Letters to the editor:

Letters to the editor expressing personal opinions may be e-mailed to mike.heronemus@riley.army.mil. Letters must contain no libelous statements or personal accusations. Content may be edited to fit space on the commentary page but will not be edited to change the writer's point of view. All letters must include the writer's full name and a phone number where he or she can be reached for clarification of points in the letter.

Motorcycle Safety

Open road obstacles can close casket

By Tony O'Bryen
Forces Command

May 13, 2006 – a Special Forces Soldier died when a vehicle pulled in front of his motorcycle.

March 12, 2006 – a non-commissioned officer hit an oil spot on the road with his motorcycle, dislocating his leg.

Each and every story behind a motorcycle accident involves a different antagonist: from loose gravel to inattentive drivers to overconfidence.

So far during this fiscal year, 32 Soldiers have died in motorcycle crashes. The number is rising from previous years; 24 in 2005 and only eight during the same time period in 2004.

Safety reports document reckless driving by Soldiers, including speeding more than 100 mph, weaving in and out of congested traffic, driving under the influence and colliding with other

vehicles.

In October, a staff sergeant attempted to pass a vehicle by driving into oncoming traffic, causing a head-on collision and the Soldier's death. The civilian driving the other vehicle in the accident had no injuries.

In Germany, a warrant officer decided to pass an automobile at a high rate of speed around a curve, causing the bike to veer off into a ditch. The Soldier became airborne and now lives with a permanent disability.

But not all of the reports ended with the words "...resulting in fatality."

For example, in November, a wheelie-popping Soldier sped into a parked car resulting in a broken clavicle, torn ligaments in the wrist, broken thumb and a dislocated finger.

Another Soldier lost control of his motorcycle and hit a fence, severing a foot, fracturing vertebrae and his arm.

Examples of death and deformity may not persuade Soldiers to be safer on motorcycles, but daredevils and speed junkies should know they risk their military careers if they break the law while on their bikes.

State or local authorities can punish Soldiers with DUI/DWI or reckless driving charges that will result in some combination of fines, jail time, community service and probation. It is not widely known that civilian convictions can then put military careers at risk.

If a Soldier is convicted for reckless driving or DUI off post, his commander can write a letter of reprimand that is put in the Soldier's file, potentially affecting future assignments or promotions.

Military and local authorities share concurrent jurisdiction, meaning a Soldier can get arrested for serious traffic violations

off post and the Army could prosecute the case.

According to the Uniform Code of Military Justice, a Soldier convicted of drunken or reckless driving (Article 111) that does not cause injury to others can receive a maximum punishment of a bad conduct discharge, forfeiture of all pay and allowances and imprisonment of up to six months.

If a Soldier is convicted of the same offense but the case involves the personal injury of someone else, the Soldier could face a Dishonorable Discharge, fines and jail time of up to 18 months.

Soldier-drivers make simple and instant decisions all the time. Enjoying an extra beer before climbing on a bike or speeding a little faster to pass a minivan may seem insignificant at the time, but those choices can have long-term and devastating effects on a person's life.

War on Terrorism

U.S. will continue Afghan commitment

Editor's note: The following comments were made by Secretary of Defense Donald Rumsfeld during a visit in Kabul, Afghanistan, July 11 and reported in a story written by Sara Wood of the American Forces Press Service.

Great progress has been made in Afghanistan in the last five years, and the United States will continue its commitment to that success.

I think of a few short years ago and of what was happening in this country with the al-Qaeda and the Taliban brutalizing the Afghan people and attacking innocent men, women and children and the United States.

Today the terrorist training camps have been shut down; soccer stadiums are being used for soccer instead of executions; and this is certainly a tribute to the people of Afghanistan.

NATO's transition to leadership in the security of Afghanistan does not represent an exit by the United States, but rather, brings more capability and resources to the counterterrorism fight in Afghanistan.

It brings the interest and commitment of some 26 nations that are determined to see Afghanistan succeed and the United States will play a

large role in the NATO forces and will continue its counterterrorism efforts, working with Afghan security forces and the ministries of defense and interior.

I can assure you that the United States will continue to be interested, committed and involved to success here.

Through operations such as Mountain Thrust in southern Afghanistan, Afghan and Coalition forces are putting pressure on insurgents in areas where they haven't previously operated.



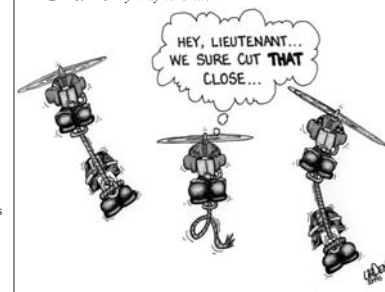
Donald Rumsfeld

This could explain the surge in violence, because terrorists see the success of democracy in the country and can sense their demise. They do not like to see a country like Afghanistan become a successful democracy, and they would like to do everything they can to stop it.

Terrorists already have tried to stop the Afghan people from voting, crafting a constitution and electing a parliament and president but have failed in every instance.

Despite the terrorists' continued efforts, the Afghan government can succeed with time, more and better-equipped Afghan security forces and the cooperation of NATO forces and Coalition countries.

Grunt By Wayne Udden



2nd Louie By Bob Rosenburgh



FORT RILEY POST

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What are your concerns or suggestions for improvement?

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2 towns kept secret, Soldier's brother couldn't

By Jack Lee
1st Mob. Det.

Have you heard there are no secrets in a small town?

There was a secret in Coffeyville, Kan., and South Coffeyville, Okla. — twin cities, so to speak — that many people knew and kept. It was a family secret.

As Douglas Cawmer grew up in South Coffeyville, Okla., he played baseball, went swimming and attended movies, the things young people do in Small Town, USA.

Little did he know those people he knew as friends and acquaintances and hung around with turned out to be his biological

brothers, sisters, cousins and aunts and uncles.

Cawmer, now a lieutenant colonel with the Army Reserve and mobilized to Fort Riley with the 1st Mobilization Detachment, first met his brother, Larry, when he went to pick up his date for the evening.

The young lady turned out to be Larry's sister-in-law, Vicki. Cawmer had no idea Larry was his brother, but said, "It was like looking into a mirror" when he saw Larry Starnes for the first time. As they went places together, people would often ask if they were brothers. They both would say, "No."

Since he was 8, Larry knew Cawmer was his brother, but he

didn't say anything. The secret was to be kept until Cawmer asked about his birth family.

Larry said later that when Cawmer walked in to pick up his date, he wanted to jump up and give him a hug, but remembered the secret he swore to keep.

Cawmer dated Vicki for more than 18 months. When they broke up, the friendship between Cawmer and Larry remained strong.

"Larry would come over to my house and help my dad and mother do things around the house," Cawmer said. It was later that he learned Larry did that to be around his younger brother.

Cawmer was 20 years old, attending college in Pittsburg,

Kan., with no itch to find out who his biological parents were. They lived in the area, his adoptive parents knew who they were and were more than willing to tell him, but he simply didn't ask or want to know, so they said nothing.

Back to Coffeyville for a Thanksgiving vacation, Larry and Cawmer had been to the movies.

"Larry asked me if I ever thought about finding my birth parents," Cawmer said. "It was then that he felt he wanted to do just that."

The two "friends" kept talking. Cawmer said the conversation went like this:

"Larry finally said, 'Well, I know who they are.'

"I asked, 'Who are they?'
"Your name used to be Eddie Dean Starnes,"
"That makes us brothers or cousins."

"We're brothers,"
"Are we full or half-brothers?"
"Whole."

At that point, Cawmer realized that many people in Coffeyville knew the secret. He also realized how happy he was that Larry was his brother.

"We spent the next few hours talking about my biological family," Cawmer said, "It's just amazing to me that so many people knew about this and kept the secret."

He told his adoptive parents — who he feels are his only mother

and father — the next morning that he found out who his biological family was. His mother was a bit hurt that he didn't ask them, and his dad looked relieved the secret was finally out.

Cawmer eventually met his biological mother and father, who had divorced and each remarried. As it turns out, he has a total of 14 brothers and sisters.

"I really don't have any problem with the way things turned out," Cawmer said. "My birth mother gave me up for adoption when I was 2 years old. I was adopted by loving people and grew up having a good life."

"I don't dwell on what could have been," he said.

Army establishes 'corps' for civilian employees

The Creed

The Army Civilian Corps Creed states:

- I am an Army civilian — a member of the Army team
- I am dedicated to our Army, our Soldiers and civilians
- I will always support the mission
- I provide stability and continuity during war and peace
- I support and defend the Constitution of the United States and consider it an honor to serve our nation and our Army
- I live the Army values of loyalty, duty, respect, selfless service, honor, integrity and personal courage
- I am an Army civilian.

By Andricka Hammonds
Army News Service

WASHINGTON — Top Army leaders announced the establishment of the Army Civilian Corps in June.

"The Army Civilian Corps is meant to unify the Army civilian service and embody the commitment of civilians who serve as an integral part of our Army team," said Army Secretary Francis J. Harvey and Army Chief of Staff Gen. Peter J. Schoomaker in a joint memorandum to Army personnel.

Army civilians work side by side with Soldiers deployed around the world. They have played many roles in America's fight against terror, from assisting in reconstruction projects in Iraq and Afghanistan to training Soldiers for deployment.

"The Corps provides identity for the civilian force comparable to their military counterparts — the officer, enlisted and NCO Corps," said Melinda McMillon Darby, assistant G1 for civilian person-

nel. Establishment of the Corps is a result of a study conducted by the Army Training and Leadership Development Panel from August 2001 to February 2003. Through written and online surveys with civilians, focus-group sessions and personal interviews, an executive panel comprised of senior civilian and military subject-matter-experts included establishment of the Corps among its recommendations to meet the needs and concerns of Army civilians.

HOUSE FILL AD

Foundation seeks stories

Army News Service

WASHINGTON — Soldiers past and present have a unique opportunity to share their stories through the Registry of the American Soldier.

Managed by the Army Historical Foundation, the web-based registry is a celebration of the service and sacrifice of Soldiers from 1775 to today, at home and abroad, in peace and in war.

The Registry will be permanently displayed at the National Museum of the U.S. Army when it opens in 2011 at Fort Belvoir, Va. It will also remain accessible via the Internet, according to

Dick Couture, the foundation's director of Donor Marketing and Data Management.

Each Registry entry will include the Soldier or veteran's name, rank, hometown and service history. Because the Registry is to serve as a link between those who have served and the American public, Couture encourages participants to share their personal stories.

Current Soldiers and Army veterans can enroll in the Registry of the American Soldier at www.armyhistory.org. Spouses, parents, children and friends can also enroll serving and former Soldiers, to include deceased Army veterans.

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At left: A Soldier from Company C, 4th Battalion, 9th Infantry, takes part in urban training during assessments of new Land Warrior Equipment at Fort Lewis, Wash.



At right: Soldiers assess the new Land Warrior Equipment while running through normal operational commitments at Fort Lewis, Wash.

Courtesy photos

Army assesses new Land Warrior System

Army News Service

WASHINGTON — The Land Warrior and Mounted Warrior Soldier Systems are under operational assessment at Fort Lewis, Wash., by the 4th Battalion, 9th Infantry Regiment, 4th Stryker Brigade Combat Team, 2nd Infantry Division.

The U.S. Army Infantry Center

conducted a side-by-side comparison between Land Warrior-equipped Soldiers and currently equipped Soldiers at Fort Benning, Ga., in late 2004. "This squad-level operational assessment demonstrated that Land Warrior capabilities do improve the combat effectiveness of Soldiers and small units engaged in dismounted operations.

As a result, the vice chief of staff of the Army directed us to conduct a battalion-level Land Warrior assessment," said Col. Richard Hansen, Soldier Warrior project manager.

Land Warrior combines computers, lasers, navigation modules, radios and other technologically advanced equipment to improve Soldiers' ability to communicate on the battlefield, their

situational awareness and, ultimately, their ability to fight effectively and survive.

It was developed by Program Executive Office Soldier.

Mounted Warrior was designed for combat-vehicle crewmen and includes communications and displays that improve situational awareness on or off the vehicle.

The 4th Bn. is equipped with 440 Land Warrior Systems and

147 Mounted Warrior Systems for the assessment that will continue through September.

The assessment is expected to provide significant insights about Land Warrior and Mounted Warrior combat effectiveness, tactics, techniques and procedures.

"Soldiers have been positive so far concerning benefits from Land Warrior capabilities and continue to provide us valuable feedback to

improve the system for the Limited User Test this September," Hansen said.

The assessment is being sponsored by the Army Infantry Center and Program Executive Office Soldier.

For more information on the Land Warrior and Mounted Warrior Systems visit www.peosoldier.army.mil on the Web.

75th Ranger Regt. awarded 3 campaign streamers

Army News Service

FORT BENNING, Ga. — Army Chief of Staff Gen. Peter Schoomaker presented three campaign streamers June 29 to the first Army unit to receive the streamers for the Global War on Terrorism conflict, Operation Enduring Freedom and Operation Iraqi Freedom.

As Col. Paul LaCamera, commander of the 75th Ranger Regiment, passed each battle streamer, Schoomaker attached it to the unit colors during a ceremony at Fort Benning, Ga.

According to information released by the Army's Human

Resources Command, the 75th Ranger Regt., is the first Army unit to be awarded the Global War on Terrorism, Operation Enduring Freedom and Operation Iraqi Freedom streamers. One other unit, Headquarters and Headquarters Company, III Corps, Fort Hood, Texas, was approved for the Operation Enduring Freedom campaign streamer.

"This is a great day not only for Fort Benning, the Rangers, but also for the Army," Schoomaker said. "I cannot think of a better place and a better way to recognize this great unit. Truly, the 75th Ranger Regiment leads the way and we are very, very proud of it."

The battle streamer ceremony was a prelude to the 14th annual Ranger Hall of Fame induction program hosted by the Ranger Training Brigade at Fort Benning.

Highlighting the unit's combat successes in Afghanistan, Iraq and other geographic regions, each campaign streamer marks combat deployments of the 75th Ranger Regt. since October 2001.

"Since the onset of the Global War on Terrorism, the men of the 75th Ranger Regt. have been constantly engaged in this conflict," LaCamera said. "They executed the first combat jump into Afghanistan and engaged the enemy in some of the harshest ter-

rain. In Iraq, they led the initial push deep behind enemy lines to seize airfields and other key terrain in the western desert.

These battle streamers represent the hundreds of air assault raids and thousands of direct action raids that our Rangers have successfully conducted to kill or capture our nation's worst enemies."

Before this latest historic event in Ranger history, the last battle streamer was presented to the Rangers for their participation in Operation Just Cause, Panama.

Honorary Colonel of the Regiment Ralph Puckett described today's Rangers as "... the best

individual Soldiers I have ever seen and the regiment is the best light infantry unit I've ever seen."

In October 2005, the Secretary of the Army authorized award of campaign participation credit to Army units. Based on eligibility requirements published by HRC, Army units must have served in the area of eligibility in support of the GWOT conflict, Operations Enduring Freedom and Iraqi Freedom to qualify for campaign participation credit and a battle streamer.

The GWOT campaign streamer recognizes units' deployments to other geographic regions outside Afghanistan and Iraq. Regardless

of the geographic region or number of deployments, units will receive only one streamer each for the GWOT conflict and for Operations Enduring Freedom and Iraqi Freedom.

According to historical information, the 75th Ranger Regt. conducted multiple combat airborne operations and conducted sustained combat operations with more than a third of its force and surged the remainder of the regiment at least four times. More than 70 percent of the regiment's Soldiers have conducted multiple combat deployments with many of the Soldiers now departing on their fifth and sixth deployment.

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continued from page 1

occurred to him to keep the cash or split it with Ponce.

"I'm trying to be honest," said Larkin, a 13-year Army veteran who repairs communications equipment. "I want to keep my nose clean, get this tour over and go back to the states."

"I came running over and Larkin was waving this white stack saying, 'I got money,'" Hester said. "My first thought was, 'I've got a lot of paperwork to do now.'"

Hester said he immediately placed a guard on the envelope, which was wrapped in white paper and sealed in tape. It had a piece of shrapnel lodged in the middle of it.

Initially, the Soldiers said they had no idea how much money they had uncovered. All they saw were the "50" digits on the Euros, which were still sealed. Euros are used as currency by nine of the 12 European Union nations.

Upon returning to their headquarters at Forward Operating Base Warhorse, they unwrapped the money and counted it.

"It was kind of weird," Larkin said. "After we counted it, inventoried it and bagged it, I was sitting there going, 'Damn, that's a lot of money.'"

Hester, a Graham, Texas, native, praised Larkin and Ponce for their honesty.

"Anybody could have just grabbed it, put it in their pockets and been done with it," Hester said. "It shows quite a bit of

integrity from the Soldiers that I have and the kind of people they are. The money was more than these two combined make in a year and some change."

Hester wasn't the only officer showing his appreciation. Larkin and Ponce, who is from El Paso, Texas, were congratulated by Lt. Col. Thomas Fisher, who commands 1-68th Combined Arms Battalion. Fisher presented Larkin with one of his battalion's coins.

Besides taking cash out of the terrorists' hands, the find may be used to trace the source of funding for insurgent activity, said Capt. Colin Tonsey, intelligence officer, 1-68 Combined Arms Team.

"It was likely intended to be used to finance further operations," Tonsey said. "Zarqawi has been known to bring money with him through his connections with various countries and to use Euros and dollars to finance operations."

The money has since been turned over to members of the 3rd Heavy Brigade Combat Team for further disposition.

"It does put a significant damper in the amount of weapons they can buy," Tonsey said. "It prevents them from buying a large amount of ordnance they use to make improvised explosive devices."

Spc. Lee Elder writes for the 133rd Mobile Public Affairs Detachment.

Army provides unprecedented mental health support to Soldiers

By Donna Miles
AFPS

WASHINGTON — Soldiers who undergo the most intense, realistic training before deploying to combat tend to experience the fewest associated mental health problems, the Army's surgeon general told Pentagon reporters during a roundtable session July 7.

Army Lt. Gen. (Dr.) Kevin Kiley compared deploying Soldiers to football players preparing for a big game. Those who "put on the pads every day and try intercepting every day" are more prepared for the rigors of the game.

Troops returning from combat deployments demonstrate that similar preparation helps steel them for the stresses they inevitably face, Kiley reported. "The ones who were the most distressed said they needed more tough training," he told reporters.

The Army's emphasis on what Kiley called "battle-minded training" recognizes basic facts about combat, he said. "It's hard. It's dangerous. It's scary,"

Kiley said. By preparing for those realities, Soldiers are more prepared when they're exposed to them, he said.

Regardless of what some headlines might lead people to think, most Soldiers don't have mental health problems during or after their deployments. "When our Soldiers return home, most will experience a brief readjustment period and a successful home transition," Kiley said. "The majority of troops are and will remain mentally healthy."

But, that said, Kiley acknowledged that deployments — particularly those that expose troops to prolonged combat — put heavy stressors on even the most healthy troops. Some will need short- or long-term counseling to help with their transition, he said.

He estimated that 15 to 30 percent of Soldiers returning from Iraq experience symptoms of post-traumatic stress or other mental-health issues. "This is not unusual after combat," he said.

Early diagnosis and treatment is the key to keeping these

symptoms in check and preventing them from becoming full-blown disorders, he said.

Toward that end, the Army provides its members mental health support that begins before they deploy and continues throughout their deployment and after they return to their home stations.

"More than any time in our history, our Soldiers and our commanders are armed with information about combat and its impact on mental and behavioral health," Kiley said. "We have more resources available at home and in the theater of operations than ever before."

Kiley cited examples of that support:

- **Routine use of pre- and post-deployment health screenings** that assess Soldiers' mental and physical health;

- **A new post-deployment health assessment** to assess mental and physical health three to six months after a Soldier redeploy;

- **Mental and behavioral health specialists in-theater** who provide education, support and treatment, as needed, for

deployed troops;

- **Mental health advisory teams that have deployed** to Iraq and Afghanistan four times to assess how troops are doing and how well the Army behavioral health services offered to them are working; and

- **Follow-up treatment and short- or long-term counseling**, as needed, to help Soldiers readjust after returning from a deployment.

In addition, Kiley will soon co-chair a new task force to examine mental health issues in the armed forces.

The 14-member task force, half of its members from within the Defense Department and half from outside the department, will submit a report to Defense Secretary Donald H. Rumsfeld in May 2007, recommending ways to further improve mental-health care for servicemembers and their families, he said.

As it provides more mental health services to its members, the Army is helping to erode the stigma that has been associated for too long with seeking those services, he said.

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USMC/Roach
Army Spec. Lars T. Okmark makes adjustments to a UH-60 Black Hawk helicopter's tail at Al Asad, Iraq, June 15. Okmark is a Black Hawk crew chief with 82nd Med. Co., Marine Aircraft Group 16 (Reinforced), 3rd Marine Aircraft Wing.

82nd Med. Co. 'angels' save Marine lives

By Brandon L. Roach
3rd Marine Aircraft Wing

AL ASAD, Iraq — The thumping of helicopter blades beats over the noise made by servicemembers scrambling to help a wounded person.

As the sound becomes clearer, they look up and see the dark silhouettes of two UH-60 Black Hawks drifting in to land.

Smoke is popped and the "Angels of Mercy" belonging to the 82nd Medical Company (Air Ambulance) from Fort Riley descend from the sky to take the injured servicemembers to a hospital located safely inside the perimeter of Al Asad.

The mission of the 82nd Med. Co. Soldiers is to provide aeromedical evacuation operations throughout the western Al Anbar province, said Capt. Jesse A. Blanton, a Black Hawk pilot.

The 82nd Med. Co. is assigned to Marine Aircraft Group 16 (Reinforced), 3rd Marine Aircraft Wing.

The unit is serving its third deployment in support of Operation Iraqi Freedom and has its

detachments spread across Iraq.

With an average of 50 medical evacuation missions per week, the flight line named "Leatherneck Dust Off" always buzzes with personnel preparing the aircraft and equipment for missions.

"We chose the name of the flight line to directly show our support to the Marines that we work with," said Maj. Dustin Elder, commanding officer of the 82nd Med. Co. "Our guys are doing a great job out here, and we are very appreciative of the Corps taking care of us."

Although the Soldiers have a very stressful job, they understand their role is a crucial part of the mission during Operation Iraqi Freedom.

"We provide en route medical care to injured personnel on the ground," said Master Sgt. Scott Heise, the company's flight platoon sergeant. "It is an honor to do the job we do, and it is most rewarding when we can save a life."

Editor's note: This article is reprinted from the June 26 Marine Corps News.

Post, Army news briefly

College enrollment:

Through Fort Riley's Education Services, Barton County Community College, one of the seven colleges offering classes on post, will host an enrollment and advising day from 9 a.m. to 3 p.m. Aug. 10 in Building 7604 on Custer Hill.

New and returning students will be able to enroll in upcoming classes, receive advisement on degree plans and courses and meet the faculty.

For more information, call Adelina Morales at Education Services, 239-6481, or BCCC's Samantha Smith at 717-3162.

JAG Corps applications:

The Office of the Judge Advocate General is accepting applications for the Army's Funded Legal Education Program. Under this program, the Army projects sending up to 15 active duty commissioned officers to law school at government expense, if funding permits.

Selected officers will attend law school beginning in the fall of 2007 and will remain on active duty while attending law school.

Interested officers should review Chapter 14 of Army Regulation 27-1 (The Judge Advocate General's Funded Legal Education Program) to determine their eligibility.

Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test.

Applicants must send their request through command channels, to include the officer's branch manager at AHRC, with a copy furnished to the Office of the Judge Advocate General, ATTN: DAJA-PT (Ms. Yvonne Caron), 1777 North Kent Street, Rosslyn, VA 22209-2194, to be received before Nov. 1.

Interested officers should contact the Fort Riley Staff Judge Advocate's Office at 239-2217 for more information.

Leadership change:

Command Sgt. Maj. James Noble, garrison command sergeant major at Fort Riley, will retire during the post's monthly retirement ceremony July 26 at Ware Parade Field.

Command Sgt. Maj. Michael R. Mathews, former 2nd Battalion, 70th Armor, command sergeant major, will assume the duties during a 9 a.m. change of responsibilities ceremony June 14 at Ware Parade Field.

Noble served as a drill sergeant, senior drill sergeant and operations sergeant at Fort Knox, Ky., as well as command sergeant major for 1st Battalion, 34th Armor, at Fort Riley.

He served as the garrison command sergeant major beginning in May 2003.

Best of America:

The Best of America by Horseback television segment filmed at Fort Riley in November 2005 will air the week of Aug. 9 as part of the "Lakeview Plantation" show on RFD (Rural Family Development) Channel 379 on DirecTV and on Dish TV Channel 9409. No time was available.

Severe weather training:

Members of the Fort Riley Installation Safety Office are available for severe weather safety training. Training covers indicators of severe weather, developing emergency action plans and other safety tips.

To arrange a class date, time and location, call the safety office at 239-2514.

Army, Ducks Unlimited form partnership

By Nancy Van Der Weide
Army News Service

WASHINGTON — The Department of the Army advanced on its goal to prevent encroachment by establishing a new partnership between the Army Compatible Use Buffer Program and Ducks Unlimited July 7.

The partnership allows Ducks Unlimited — an organization committed to the conservation, restoration and management of wetlands and associated habitats

for North American waterfowl — to work with the Army to identify opportunities for wetland creation and management near installations participating in the ACUB program, said Chad Henry, director of training for the Training Lands Office.

"It gives the troops more area to train as realistically as possible," he said. "We are going to protect the longevity of our ability to train."

While the Army and Ducks Unlimited will each benefit from

the partnership, end results will extend beyond those associated with the two groups, Hulbert said.

"The real beneficiaries of our combined efforts are going to be the wetlands and the species associated with them, including humans."

The ACUB Program was created to handle the problems caused by urban sprawl near military installations, or encroachment, as it is called. It joins installations

with partners working to keep land from being developed.

The result is a dual benefit: the Army and its partners get to conserve the environment; Soldiers get to continue realistic training.

More information about the ACUB program is available at www.sustainability.army.mil.

Spec. Nancy Van Der Weide writes for the Old Guard Public Affairs Office.

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Fort Riley Community Life

Friday, July 21, 2006

America's Warfighting Center

Page 11

Community news briefly

Picnic transportation:

Regular bus runs have been set up to ferry people to and from the "Thank You Fort Riley" picnic July 22 at Fort Riley Middle School.

The busses will stop about every 20 minutes at Craig Fitness Center, the bowling alley, and Barlow Theater on Custer Hill and about every 30 minutes at the recycling center parking lot in Camp Funston and in front of the relocatable buildings adjacent to Irwin Army Community Hospital.

The picnic runs from 11:30 a.m. to 2 p.m. with free food and a wide range of activities for families and Soldiers.

Welcome coffee:

The Fort Riley Officers' and Civilians' Spouses' Club will host its annual welcome coffee from 11 a.m. to 1 p.m. Aug. 17 at Quarters 5 on Barry Avenue in the Main Post area of Fort Riley.

The coffee is an open house to greet and welcome spouses of officers and civilian employees in grade GS-7 and above who are new to the Fort Riley area. The coffee offers newcomers an opportunity to see what Fort Riley's OCSC is all about and to get a glimpse of the upcoming year's activities and planned charity contributions.

Child care is available through the Armed Services YMCA and Fort Riley's Child Development Center on a first-come, first-served basis. Contact Stephanie Seigel at (785) 784-4298 to review child care policies and to make child care reservations.

Those who wish to attend should RSVP to their commander's spouse or coffee group or calling Holly Smith at (785) 784-8454 by Aug. 15.

School Age Services:

July 21 - 1:15-3:15 p.m., SAS Water Olympics, 1st and 2nd grades

July 22 - 10 a.m. to 1 p.m., free childcare for families of deployed Soldiers

July 24 - 4:30 to 5:45 p.m., Arts & Crafts Center on Fort Riley, 1st and 2nd grades

July 25 - 9:30 to 11:30 a.m., swimming on Fort Riley, 1st and 2nd grades

July 26 - 9:30 to 11:30 a.m., swimming on Fort Riley, 3rd through 5th grades

July 26 - 4:30 to 5:45 p.m., bowling at Custer Hill Lanes, 1st through 5th grades

July 27 - 9:30 to 11:30 a.m., golf at Custer Hill Golf Course, 1st through 5th grades

July 28 - 10 a.m. to 5 p.m., field trip to Rock Springs 4-H Ranch in Geary County, 3rd through 5th grades

For more information, call 239-9220.

Story time:

The next story time sessions for young children will be 1:30 and 4 p.m. July 22 in the post library on Custer Hill.

For more information, call 239-5305.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

'Sure would'



Members of the "Robin Hood" cast watch the flight of an imaginary arrow during their final rehearsal July 15.

Production adds new twist to old tale

By Mike Heronemus
Editor

Robin Hood (Micah McCurry) needed lots of help to wind up the hero.

Prince John (Alexis Miskeyish) complained that just about everything was "ridiculous."

The Sheriff of Nottingham (Caleb McCurry) couldn't move without direct orders from Prince John.

Maid Marian (Katrina Ashley) barely escaped from the castle.

Marion's Maid (Tasana Brown) gave

up the gigantic clothespin on her nose. Because she did, friendless Prince John found six "little stinkers (skunks)" as friends as the staged production ended.

The Fort Riley production of the Mischoula (Mont) Children's Theater Program play "Robin Hood" resembled the story of the famous British outlaw who robbed from the rich and gave to the poor, but many of the characters were, well, out of character as most people know them.

Those odd characterizations gave audiences in the Teen Center gym July 15 a laugh or two or maybe more. The cast of 30 post youngsters recited lines and sang

songs and danced to choreographed production numbers after just a week of rehearsals.

The comedy, narrated by Sherwood, played by MCT actress Renee Roberts, included Robin's Merry Band, a group of out-of-work entertainers languishing in Sherwood Forrest. They joined forces with Robin and a group of foresters to storm the castle, save Maid Marian from Prince John, the Sheriff, the castle guards and mounted horsemen and everyone sang

See Robin Hood, Page 13

Health notes

Flaxseed beneficial to health in small doses

By Bethany Deschamps
Chief, Nutrition Care Division

Flaxseed is a plant that was grown for more than a century in the United States but was unheard of by most of the population. That is changing.

Flaxseed has been shown to help prevent heart disease, colon and breast cancer, hypertension and irritable bowel syndrome.

Flaxseed, also known as linseed, is an ancient crop that was originally cultivated by the Babylonians in 3000 B.C. The fibers of the seed were used mainly for



weaving but were also incorporated into the diet because of their ability to relieve abdominal pains, more commonly known today as constipation.

A field of flaxseed in full bloom is identified by its crimson blue flowers. These flowers hold the seeds and, when in full

bloom, can be harvested. The harvested seed is small and similar to the size of a sesame seed.

The content of a high-quality seed is 40 percent oil, 22 percent protein, 26 percent dietary fiber and 4 percent minerals. The initial reason for its growth in the United States was purely industrial, but now its health benefits are a common conversation among nutritionists, physicians and other health conscious individuals.

Making flax a part of your diet may provide numerous benefits for a variety of health problems.

One of the main benefits of this little seed is that its high fiber content, lignans and omega-3 fatty acids may help lower cholesterol and prevent heart disease. Studies suggest that when flaxseed is added to the diet, harmful LDL cholesterol drops, while good HDL cholesterol remains stable or increases.

The omega-3 fatty acid and high fiber content keep the arteries flexible and clean, which helps maintain a smooth thoroughfare for the blood to pass through. Flexible and clean arteries guard against high blood

See Flax, Page 18

See ACCYN, Page 17

CDC awarded certification for being anti-bug, pro health

By Anna Morelock
Staff writer

The only pests at the Fort Riley Child Development Center are those illustrated in children's books, thanks to the center's integrated pest management system.

The center was recognized during a ceremony July 17 because its environmentally friendly techniques earned them the Integrated Pest Management STAR Certification.

The IPM Institute of North America started the STAR program three years ago in partnership with the U.S. Environmental Protection Agency's Pesticide Environmental Stewardship Program. STAR recognizes facilities for excellence in pest control.

Since its inception, IPM has evaluated more than 25 school systems, including large schools in Philadelphia, New York and Milwaukee. Fort Riley's CDC is the 17th school to meet the certification requirements and the fourth Army installation activity to receive the certification, said IPM President Dr. Tom Green.

It's a rigorous program, Green said as he presented the STAR certification to Garrison Commander Col. "Ty" Smith, CDC Director Carole Hoffman and the post's IPM coordinator, Jerold Spohn, with the Directorate of Public Works.

"It's not a cake walk or a beauty contest," Green said, and the facility has more work ahead. Integrated pest management

has four legs, Green told the group gathered for the presentation. The first step is "knowing your bugs." That can go a long way in helping to control pest problems, Green said.

The second step is monitoring and inspecting facilities. "The folks here are really doing a great job at that," he said. "We're very happy to work with Army facilities. They're very well inspected by preventative medicine and by others who come through and check sanitation in the kitchen and food storage area, which can go a long way to suppressing pest problems."

The third leg of managing multi-legged critters is to only take action against the pests when

See Award, Page 16



Dr. Tom Green, IPM president, stands to the left as Col. "Ty" Smith, Garrison commander, Carole Hoffman, CDC director and Jerold Spohn, IPM coordinator, examine the STAR certification they received July 17 for excellence in pest management.

ACCYN refers families to care

Child care program brings on-post ideals to off-post care

By Anna Morelock
Staff writer

Soldiers and their families at Fort Riley have a new option when it comes to finding child care off-post. The Army Child Care in Your Neighborhood program began in January to help Soldiers locate off-post child care that meets Department of Defense standards at Department of Defense prices.

The Flint Hills Child Care Resource and Referral Agency based in Manhattan received the ACCYN grant, as did 12 agencies in other military installation areas, to help increase the quality of care around posts that are receiving an influx of Soldiers.

The referral agency looks for high quality providers who are willing to work with military families and be flexible with their schedules to be a part of the ACCYN program, said ACCYN Outreach Specialist Jerri Daugherty. The program in the Fort Riley area has space for 25 providers and has 20 of those slots filled.

To be a part of the program, providers may have to change some of their practices. Off-post providers licensed by the Kansas Department of Environment and Health have to have a first aid certificate, but the certificate doesn't have to be kept current, Daugherty said. Providers under the ACCYN program will have to have up-to-date CPR and first aid certificates, the same as on-post providers.

Another ACCYN program requirement that differs from other off-post providers is that the referral agency conducts state and federal background checks on all providers and any member of their household older than 10, Daugherty explained.

Rates for the ACCYN program are comparable to those on post and based on total family income.

"The families receive a reduced rate and then the child care providers receive a subsidy to make up for that difference," Daugherty said. "So, they don't have to reduce their rates, but they are able to offer the same rate as what a Soldier would receive on base."

Community news briefly

Kids' drawing contest:

Operation Holidays is sponsoring a contest and fundraiser for Christmas. Children can enter drawings to be judged for selection of four winners that will be reproduced and sent to Soldiers deployed overseas this coming Christmas.

Entries will be judged in four categories: Children ages 4 to 6, ages 7 to 9, ages 10 to 13 and ages 14 to 17. Entry fees are \$1, \$2, \$3 and \$4, respectively, for each category. Entries should be sent to Operation Holidays, P.O. Box 2160, Fort Riley, KS 66442 by July 31.

First place winners in each category receive a certificate, their picture posted on the Operation Holidays Web site, drawing used as a Christmas card and a grand prize for the age group.

Second place winners also receive a certificate, will have their picture posted on the Web site and will win a prize for their age group.

Third place winners will receive a certificate and have their pictures posted on the Web site.

For more information, call (785) 717-5483.

Cheerleading class:

Cheerleading 101 will be taught from 6 to 7 p.m. Thursdays for children ages 6 to 10. For more information, call 239-4847.

Teen Center:

July 22 – All day "M*A*S*H" extravaganza
July 24 – 5 to 7:30 p.m., roller skating in Junction City
July 25 – 2-6 p.m., swimming on Fort Riley
July 26 – 2-5 p.m., bowling at Custer Hill Lanes
July 27 – 2 to 6 p.m., fishing at Milford Lake with lunch at the lake
 For more information, call the Teen Center at 239-9222.

Child car seats:

Anyone wanting a child's car seat checked by a safety expert should call 239-2514 to make an appointment. Appointments are available from 1 to 3 p.m. Tuesdays and Thursdays at Building 407, Pershing Court.

Children younger than 4 are required to sit in car seats. Those 4 and older must wear seat belts. Child safety advocates say children 4 to 7 years old should sit in booster seats that allow seat belts to fit them properly.

FIRST PRESBYTERIAN CHURCH
 1 x 2.5"
 Black Only
 1x2.5 1st Pres July/06

LIGHTHOUSE CHRISTIAN FELLOWSHIP
 1 x 3"
 Black Only
 1x3 Lighthouse July TFI03 Lig

Commissary throws family fun fest

By Mike Heronemus
 Editor

Temperatures approached 100, but the kids who lined up to wiggle, climb and slide through the inflatable obstacle course set up in the south commissary parking lot July 15 didn't seem to mind the heat. They were getting soaked and having fun to boot.

Commissary volunteers used water hoses to spray the obstacle

course as the youngsters raced two at a time to the top of the final slide and swooshed down it to splash in the pooled water below. Elsewhere, Fort Riley families were trying to throw balls and dunk volunteers sitting above a tank full of water. They aimed bean bags at the mouths of clowns painted on a board in hopes of winning a prize. They raced radio-controlled cars around an oval track, trying not to wreck.

As they enjoyed themselves, a giant inflated Keebler elf watched all the fun and commissary volunteers wearing Tony the Tiger and Kool Aid pitcher costumes roamed the parking lot, getting photos taken with anyone who wanted to shake their hand or pose beside them.

Adults and kids alike got to play bingo for prizes, have their faces painted or change the color of their hair with a special spray

one girl insisted would wash out as her grandfather shook his head "no" in doubt.

Store manager Mark Derby probably endured more heat than anyone else at the Family Fun Fest hosted by the commissary. He grilled the chicken and hot dogs offered free to anyone attending the event.

Other volunteers and vendors handed out free drinks, chips, popcorn, milk and Popsicles.

The heat may have been keeping most commissary patrons inside the air-conditioned store, but "we've had a steady crowd," Derby said as he smeared barbecue sauce over some more chicken.

The reason behind the event, last hosted a couple of years earlier, was to "welcome the 'Big Red

One' and to say, 'goodbye' to the 24th Infantry Division," Derby explained. It was just another way of showing customer appreciation, he added.

Michael Reynolds, 14, lives with his stepfather and mother on post. As he finished eating his lunch, he said he hoped he would get to try the obstacle course and that the family fest was "good for the younger kids on post, and me, too."

Kevenna Breth, a commissary employee, stood in line waiting for her lunch. "I'm on a break," she explained, adding that she had been working at the dunk tank. "We've had a lot of people doing it, and after we fixed the target's sensitivity, they're dunking us more. One girl dunked us every time she tried."



Post/Heronemus

Brandon Draper (right) watches his friend John Rodgers slide down the inflated obstacle course July 15 into the pooled water at the bottom of the slope.



Post/Heronemus

Vendor Jodi Whitaker (left) takes a photo of Glenn Smith (left of tiger) and Joshua Henning (right of tiger) posing with a commissary volunteer dressed as Tony the Tiger.



Post/Heronemus

Kevenna Breth watches a young girl try to hit the target and dunk another volunteer into the tank at the Family Fun Fest.

BILL KOBACH BUICK GMC
 5 x 7"
 Black Only
 5x7 Bill Kobach Buick



Community news briefly

School enrollment:

All Geary County Unified School District 475 students who enrolled in the district last year should soon be receiving mail-in enrollment packets for 2006-07.

Students new to the district and who pre-registered by June 30 should also be receiving mail-in enrollment packets.

Students and parents are asked to complete and submit enrollment information in the self-addressed return envelope provided in the enrollment packet by July 28.

USD 475 enrollment centers are accepting new student enrollments as follows:

Junction City High School, grades 9-12, weekdays from 7:30 a.m. to 3 p.m.

Junction City Middle School, grades K-8, for students living in Junction City and Geary County, weekdays from 8 a.m. to 3:30 p.m.

Fort Riley Middle School, grades K-8, for students living on Fort Riley, weekdays from 8 a.m. to 3:30 p.m.

Walk-in enrollment for new students to the district also will be conducted at all schools in USD 475 on Aug. 3.

Complete details on USD 475 enrollment will appear in the Fort Riley Post on July 21 and 28. Enrollment information is also available online at www.usd475.org.

Questions regarding enrollment may be directed to one of the enrollment centers or to the Devin Education Support Center at 717-4000.

Support Center:

July 22 – 5 to 7 p.m., Exceptional Family Member Program Special Needs Rodeo

July 25 – 8 a.m. to 5 p.m., First-Term Soldier Financial Readiness Class

July 26 – 9 a.m. to noon, Checkbook Management, Banking Services and Basic Budget Development Class; 1:30 p.m., Permanent Change of Station Briefing – Stateside

Aug. 3 – 9:30 to 11 a.m., Point of Contact Class for new Points of Contact volunteers within the Family Readiness Group. Pre-registration is required to attend the class. Free child care will be available; shot records will be required for all children. Call 239-9435 to register.

Aug. 17 – 9 to 11 a.m., Family Readiness Group Leader Class for new FRG leaders and commanders. The class teaches the do's and don'ts of operating an effective FRG.

Pre-registration is required to attend this class. Free child care will be available; shot records will be required for all children. Call 239-9435 to register.

Vacation Bible School:

The Fort Riley chapel staffs invite all children ages 5 to 10 to the Treasure Cove Vacation Bible School. The treasure hunt will take place at Morris Hill Chapel from 9 a.m. to noon Aug. 8-11.

Space is limited and pre-registration is required by July 30.

For more information, contact the directors of religious education at 239-0979 or 239-4815 or send e-mail to donald.ericson@us.army.mil or carolyn.juenemann@us.army.mil.

Adult and high school volunteers are still needed. To volunteer, call 239-4815.

School, sports physicals:

Irwin Army Community Hospital's School and Sports Physicals Fair is scheduled for July 29.

The fair is open to all children 4 years of age and older. Physical forms should be completed before the appointment time. The forms may be picked up at the hospital front desk.

Walk-ins will not be seen. Appointments can be made by calling 239-DOCS (3627).

Robin Hood

continued from page 11

their praises of Robin Hood in the grand finale.

This was the second production brought to Fort Riley by the Missoula Children's Theater Program. Last year's play was "Rumpelstiltskin."

Three of this year's lead roles went to veterans of that play: Micah McCurry, Miskevish and Katrina Ashley. All said they tried out for "Robin Hood" because they had so much fun doing "Rumpelstiltskin" last year.

"Memorizing the lines is really fun," Miskevish said. "I've never played a bad guy, but I thought I was good at it because I'm good at yelling at people."

This was Micah McCurry's second leading role and he liked the part of Robin Hood better than playing Rumpelstiltskin last year. "It was a lot of work but worth

doing," he said. "I think everyone should try it once."

Micah McCurry said he liked the dialogue exchange with Sherwood, especially when Sherwood kept responding to Robin's question about taking him to Sherwood Forrest with "Sure would."

"I think everybody gets a laugh out of that," he added.

"Robin Hood" was more fun to do because everybody got to do more than they did in "Rumpelstiltskin," Ashley said. She didn't learn she would play Maid Marian until the day after auditions, but she tackled the role like a trouper, practicing "three hours a day" to learn her lines.

"We're all girls," explained Jocelyn Aguilar, who played one of the entertainers in Robin Hood's merry band. Her favorite part of the show was when each of

Also in the cast and crew:

The Merry Band: Allison Aguilar, Samantha Martin, Abigail Pierce, Katie Seigel and Lauren Zachar

The Guards: Joey Aguilar, Pam Elguezabal and Alison Gokey
The Horsemen: Aaron Read, Parker Pierce and Michael Brown

The Foresters: Hannah Colin, Rochelly Martinez, Gillian Rosa Orama, Anastasia Titus and Mercedes Mayward

The Skunks: Logan Arcand, Micah Smith, Desmen Cook, Matthew Upchurch, Jacob Mayward and Shawn Martin

Sound effects: Nicole Love

Lights: Thomas Miskevish

Stage manager: Ashley Mayward

the entertainers in the merry band showed off her talent for Robin and Sherwood. Some sort of juggled, one sort of sang and others sort of mimed.

Their performances left no doubt why they were out-of-work entertainers, just as the script required.

Aguilar said she enjoyed playing a role this year, but she enjoyed "Rumpelstiltskin" more

because she was an assistant director.

"I liked being an assistant director because I like organizing stuff and making sure everyone is doing what they're supposed to," she explained.

Caleb McCurry said he was surprised to be picked for a lead role because this was the first time he'd auditioned for a play.

Playing the Sheriff of Nottingham was "easier than I thought it would be," he said. "The most fun he had was getting to yell at the guards and tell them to line up and stuff," Caleb McCurry added.

He praised Roberts' talent and the directorial ability of CMTP's Melissa Carroll. "It took us three hours to get through the show (July 14). It only took us an hour (July 15)," he said.

KSU DIVISION OF CONTINUING EDU
5 x 16.5"
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USD 475
6 x 21.25"
Black Only





USD 475
6 x 21.25"
Black Only
12x21.5.Blue diltrek.7/21.1077





'Homefront fatigue' plagues wives

By Jacey Eckhart
CinCHouse.com

homefront fatigue, *n.*, a feeling of overwhelming tiredness marked by irritation with military culture, a contractual obligation to sleep alone and the compulsion to solve problems far, far in the future.

My girlfriend used to say that the problem with military spouses is that we don't really have anything in common. Our husbands and wives are all motivated by the same kind of work. They talk a lot alike. They even wear the same outfits in their leisure minutes.

We spouses don't. No wonder it's so hard to strike up a conversation. Or borrow shoes.

Lately, though, I've been noticing that we do have one thing in common. Four years into the war, we're all showing signs of "Homefront Fatigue."

I made up that term. It's not a real neurological condition like the combat fatigue Soldiers had during WWII. Instead it's what I am calling that rumbling sentiment I hear from military spouses every day.

Some of them have a lot to be tired about. Tonia Sargent is the wife of a Marine stationed at Camp Pendleton. Her husband of 19 years was brain damaged during an IED explosion in Iraq two years ago. She had to quit her job to provide care for him, and the family is living on a much reduced income.

But she says it's the paperwork that is killing her. "When you are injured and at home, you're out of sight, out of mind," Tonia said. She says the military doesn't send anyone to explain benefits to families and that one benefit often cancels the other. She spends her days learning by trial and error.

"I'm tired," she says, "mentally tired, physically tired, emo-

tionally tired. Tired isn't even a word for me."

That kind of "Homefront Fatigue" we can all understand—the same way we understand that families who have spouses on their third and fourth deployment to Iraq or Afghanistan are tired to the bone. The National Military Family Association released a report in March exclaiming that servicemembers and military families are experiencing high levels of anxiety, fatigue and stress exacerbated by a lack of institutional support.

We get all that. We even expect all that. But it doesn't explain why "Homefront Fatigue" is creeping through all branches of the services in every age group regardless of whether servicemembers are deployed.

"I've been doing the single parent thing and it's been really tough," said Sara Paris, 23, an Air Force spouse in Virginia Beach. "I'm stressed out and tired most of the time."

Her husband, Will, was recently reassigned to Malstrom Air Force Base in Montana. The young couple is living apart so she can complete her high school diploma while family members take care of her daughter.

"I'm climbing up a never-ending hill," Paris said. "There's always something going on or some huge thing that comes up and I can't keep up with everything."

That's pretty much what military wives are trying to say. We are so tired because suddenly our lives seem like Sara's never-ending hill. There is always more to do than we are able to do and there is no end in sight.

That's new to our generation. Tonia Sargent says that in the early part of their career they did some hard deployments. Her husband deployed to Okinawa unaccompanied for a year and then turned around and deployed to Somalia.

"Everything was on the hush for awhile after that," Sargent

said. She said that it was always busy, but there was time to recover between floats before it all started up again. That isn't what is happening now. Living with the unplannable is the plan.

I worry about that. Anticipating as well as having that recovery time was one of the tools military families used to use to cope with the stressful parts of our lives. That made things bearable. We knew how to work, rest and go on. If we didn't, there was always someone who had gone before us to teach it.

Now we military spouses are teaching ourselves, hoping that our efforts are going to be enough for however long we're hiking on the never-ending hill.

A military wife for 19 years, Jacey Eckhart is a syndicated columnist from CinCHouse.com and author of "The Homefront Club" (Naval Institute Press 2004).

Community news briefly

Rally Point:

July 21 – Family night with movie, dance and buffet from 5 to 8 p.m. and mixed dance night from 8 p.m. to close

July 22 – midnight to 4 a.m., late night hip hop with DJ Monroe

July 23 – 7 p.m., WWE Pay-Per-View event, The Great American Bash from the Consco Field House in Indianapolis

July 26 – 5 to 9 p.m., 20-cent wings; 8 p.m. to close, dance music

July 27 – 8 p.m. to close, dance music

July 28 – Family night with movie, dance and buffet from 5 to 8 p.m. and mixed dance night from 8 p.m. to close

For more information, call Rally Point at 784-5434

Guitar lessons:

Introduction to guitar, a beginners class for new guitar students, will be taught by Matt McCann on Wednesdays in the School Age Services Building.

Students ages 6 to 10 will have class from 6 to 6:25 p.m. and from 6:30 to 6:55 p.m. Students ages 11 to 18 will have class from 7 to 7:25 p.m. and from 7:30 to 7:55 p.m.

The first class was May 10. Lessons cost \$25 and \$30.

Level two guitar classes for students completing the introduction to guitar will begin June 10 in the School Age Services Building and continue on Tuesdays. The instructor will be Austin Meek.

Students ages 6 to 10 will attend classes from 6 to 6:25 p.m. or from 6:30 to 6:55 p.m. Students ages 11 to 18 will attend classes from 7 to 7:25 p.m. or from 7:30 to 7:55 p.m.

Award continued from page 11

it's needed.

If ants and other bugs are outside, they're doing their job, Green said. It's only when they get inside the building that they need to be dealt with.

Finally, if pests do get inside facilities, it's important to manage them using methods that have the least impact, Green said.

For example, he related, ants can be cleaned up using soap and water. Their entry point should be found and blocked and whatever their coming inside after should be cleaned up.

Pesticide applications at the CDC have been nearly eliminated

by using alternatives, such as caulk and copper mesh to seal potential pest entryways and sticky traps to capture any insects that manage to find their way in, said Spohn in a Fort Riley news release.

Using alternatives to pesticides is important in facilities such as child development centers because children are more sensitive to pesticides.

"They're crawling around the floor, touching the walls where pesticides may be applied, putting their fingers in their mouth," Green said.

"We all need to be concerned about pesticide use. They're poison, after all," he reminded.

Hoffman accepted the STAR certification on behalf of the center and stressed the importance of safety.

"The health and safety of our children is a top priority and this certification was another way we could reach that to assure our children are provided a safe and healthy environment," she said.

Anna Morelock can be contacted at anna.morelock@riley.army.mil or 239-3032.

Home wanted



Priscilla, a 1 1/2-year-old female calico is one of the many lovable cats, kittens, dogs and puppies waiting for adoption at the stray facility on post. To adopt Priscilla, visit the facility in the Vet Services building on Main Post.

Fort Riley Stray Facility
Building 226 Custer Ave.,
Main Post
Hours: 8:30 a.m. to 3 p.m.,
Monday through Friday
Phone: (785) 239-3886.

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ARMED FORCES INSURANCE-AFC
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684363_P0 From 7/7





Community news briefly

Crafts center:

July 23 – 1-2:30 p.m., scrapbooking get-together
July 25 – 6 to 9 p.m., matting and framing
July 26 – Noon to 1 p.m., Make it, Take it

Open hours for using the Arts and Crafts Center's wood shop, ceramics studio, matting lab, photography lab and doing stained glass, sewing, quilting, basket weaving and leatherwork are:

Monday and Tuesday from 1 to 8:30 p.m.

Wednesday from 9 a.m. to 4:30 p.m.

Saturday and Sunday from 9 a.m. to 4:30 p.m.

Classes are available in the evenings and on weekends in all program areas. A schedule of upcoming classes is available at the center and in the Morale, Welfare and Recreation Guide.

For more information, call the Arts and Crafts Center at 239-9205.

Child care providers:

More home childcare providers are being sought from among post residents.

Family Child Care holds an orientation meeting the second Thursday of each month from 2:30 to 3:30 p.m. at Child and Youth Services, Building 6620. The next orientation will be June 8.

For more information, call the FCC representative at 239-9892.

Registration for Military Idol begins

By Tim Hips

AFPS

ALEXANDRIA, Va., – Soldiers, Sailors, Airmen and Marines can now register for a shot at becoming the second Military Idol.

The Army Morale, Welfare and Recreation program is based on the premises of Fox's "American Idol."

Contestants, whether they're from an active, Guard or Reserve component, must be on active duty military status and assigned to the hosting installation to compete. There is an exception for Soldiers not assigned to the installation, but they must provide their own transportation.

Competition will run Aug. 1 through Sept. 30 on 33 Army installations and camps in the continental United States, Alaska, Hawaii, Belgium, Germany and

Korea.

Local winners will qualify for a chance to advance to the Army-wide finals Oct. 28 through Nov. 6 at Fort Belvoir, Va.

Interested contestants should check their local installation for a schedule of the Military Idol competition nearest them.

Application forms and contest rules are available on the Internet at www.militaryidol.com.

Applications must be submitted to local MWR offices on hosting installations.

Only vocalists need apply. The contest is closed to musicians, comedians, dancers, poets, etc. Installation-level prizes include \$500 to the winner and a chance to be among the dozen who will compete during finals week at Fort Belvoir, along with \$500 for the winner's unit funds.

Local runners-up will receive

Contest sites

The nearest locations to Fort Riley for competing in the next Military Idol contest are the Fort Knox Leaders Club, Fort Knox, Ky.; Phantom Warrior Center, Fort Hood, Texas; Sports America/Showboat Theatre, Fort Polk, La.; Hacienda Recreation Center, Fort Sam Houston, Texas; Pershing Community Center, Fort Leonard Wood, Mo.; and Gunners' Inn Club, Fort Sill, Okla.

\$250 and third-place performers will get \$100.

The Military Idol grand prize is \$2,000 for the winner with \$1,000 for second place and \$500 for third.

Sgt. William Glenn, an Alabama National Guardsman was the first Military Idol when he was stationed in Darmstadt, Germany. Now in medical hold on Fort Leonard Wood, Mo., recovering from a spider bite, he plans to turn

over the crown to the second annual Military Idol winner.

"One thing they can't ever take away, and I mean this from the bottom of my heart: I'm honored to be the very first Military Idol," said Glenn, a military policeman.

"Whether my face ever hits another newspaper or whatever, I have that honor. That's a proud accomplishment."

Glenn offers advice to Military Idol competitors. "Have yourself

well-prepared when you get ready to come to the competition," he

said. "Even if it's on the installation level, try to get your music prepared and have a good time and have fun."

"If you are the installation winner and you have to go to the finals, make sure all your music and everything you need you have instead of trying to scrounge for it at the last minute," he said.

"And get a lot of good practice time and be comfortable with the song you're singing."

"Find your favorite song, something you do very well with, not just a popular song," he said.

The 2006 Military Idol contest is sponsored by Armed Forces Vacation Club.

Tim Hips works for the Army Community and Family Support Center Public Affairs Office.

ACCYN continued from page 11

Daugherty recommends families start searching for child care as soon as they know they'll need it. Child care slots go quickly and infant spots are in the highest demand, she said. "I can have an infant slot at six o'clock in the morning and I will tell you by 6:30 it will be occupied."

Since the program began, 151 referrals have been made under the ACCYN program, Daugherty said. The number of available slots varies from day to day because of the high demand. August is a big month when things open up a little more, she said, because the little ones that turn 5 will be going to school.

To find out more about the pro-

gram or to receive a referral, military families need only call the referral agency. The Flint Hills agency takes down pertinent information and provides families with the providers that fit their criteria. If parents need a child care provider who is available at six in the morning, they won't be matched with providers who open at eight.

The agency's referrals cover a six-county area, including Geary, Riley, Clay, Nemaha, Marshall and Washington counties, but the agency will work with other counties to obtain lists from those not covered, Daugherty said.

For more information

For more information on ACCYN or to receive a referral, contact the Flint Hills Child Care Resource and Referral Agency at 785-532-7197 or 800-227-3578.

For more information on ACCYN and child care visit the National Association of Child Care Resource and Referral Agencies at www.naccrra.org and click on the Department of Defense logo.

Military parents will be provided with two lists, Daugherty said, one of ACCYN providers and the other of non-ACCYN providers.

The agency provides two lists because "these are referrals, not recommendations," Daugherty said. "The choice of who you uti-

lize is yours, and we want to make sure you feel safe and comfortable with whom you place your children with."

Daugherty said the agency is hoping it will be able to have the two-year grant renewed, but even if it isn't, it will have left a positive mark, she said. "These child care providers also have community member children and we're increasing the quality for them too, not just for the military, so I think that's a plus to it."

Anna Morelock can be contacted at anna.morelock@riley.army.mil or 239-3032.

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'Guardians' make running family event at PT

By Havis Nguyen
101st FSB

As the sun began to rise July 7, a gaggle of bicycle riders, pushed strollers and family members ran along Normandy Drive among the many running formations of Soldiers. That morning, the 101st Forward Support Battalion, 1st Infantry Brigade Combat Team, conducted its First Guardian Family Fun Run.

The run was devised as another way the 101st FSB could make family involvement a priority to enriching a Soldier's life. Going beyond the idea of an ordinary organizational day, the 1.3-mile fun run was conceived so family members could share in their Soldier's most cardinal part of the day – physical training.

Most family members don't understand what their spouses and parents go through when the day starts, and the fun run gave them a chance to spend more time with their loved ones while sharing in an everyday Soldier experience.

After the run, the battalion Family Readiness Group provided a variety of fruit snacks for the Soldiers and their family members.



101st FSB/Nguyen
Lt. Col. Christopher McCurry (front), 101st FSB commander, runs with members of his battalion and their family members, including his sons, Caleb (beneath flag) and Micah (pushing stroller).

Flax continued from page 11

pressure.

Next on the list of benefits is flaxseed's ability to provide a natural guard against certain cancers, including colon, breast and prostate cancer. The high fiber content in the flaxseed helps keep the digestive tract and colon moving to prevent constipation.

Flax is not digested in the stomach and is passed on to the colon. There, its presence draws water into the stool and increases the number of bacteria in the colon. Large, soft and easy-to-pass stools are produced, the best defense in the prevention of colon cancer.

The lignans in flaxseed are the best defense mechanisms against cancers that are hormone-dependent, such as breast cancer and prostate cancer. Lignans are considered to act as plant hormones and flaxseed contains 75 to 800 more lignans than vegetables or other grain products.

These plant hormones can mimic the body's hormone cells and can block the formation of hormone-based tumors or growths. Also, the omega-3 fatty acid content helps create a bal-

ance between the good fats, or unsaturated fats, which is the goal for hormone-related cancer prevention.

Researchers believe that 50 grams of seeds per day is enough to see improved health. Fifty grams of flaxseed contains 225 calories, 20 grams of fat, 14 grams of fiber and 10 grams of protein.

Incorporating flax into your diet is very easy, especially since it is needed in such small amounts.

Flax can be found on your supermarket and health food store shelves in various forms, but there are a few tips to keep in mind before you race to the store.

Make changes in your diet slowly so that your body can adjust to the added fiber found in flax.

Drink plenty of fluids (eight cups per day) to stay hydrated because flax absorbs water.

For more information about flax or other nutrition topics, contact Nutrition Care Division at 239-7644 or send e-mail to bethany.deschamps@us.army.mil.

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Fort Riley Sports & Recreation

Friday, July 21, 2006

America's Warfighting Center

Page 19

Sports news in brief

10-5-2 mile Prairie Run:

The 21st annual 10-5-2 Mile Prairie Run is scheduled for July 22 on Fort Riley. Runners can register until 6:45 a.m. on race day. Entry fee is \$15.

The 10-mile and 5-mile races begin at 7 a.m. at King Field House. The 2-mile race begins 10 minutes later.

Awards will be given to the top three finishers in each gender and age category. An overall first place award will be presented to the top male and female finisher in each race.

Williston Point Road will be closed to traffic for the race.

For registration information, call the Fort Riley Sports Office at (785) 239-2172 or 239-3724. Information also is available online at www.riley.army.mil.

Wrestling clinic:

Child & Youth Services is sponsoring youth summer wrestling clinics on post July 24-28.

Clinics will be held at the Teen Center at 10 a.m. for youth ages 5-10 and at 11 a.m. for youth 11-15 years old.

Registration is under way. Space is limited and participation granted on first-come, first-served basis. Cost is \$35 for the week.

All participants must be registered with Child & Youth Services Central Enrollment, Building 7434. A current sports physical is required to participate.

For more information, call 239-4847.

'Beach' volleyball:

Geary Rehab & fitness is sponsoring its 2nd Annual Coed Volleyball Tournament from 10 p.m. to midnight Aug. 12 at the sand volleyball court adjacent to the Sonic restaurant in Junction City.

Teams of no more than eight people can enter. Six people will play at one time, with a minimum of three females on the court.

Teams must pay a \$60 registration fee at Geary Rehab & Fitness by Aug. 1. Trophies will be awarded to top three teams.

For more information, contact Kristy Eickholt at 238-3747 or kristythet@yahoo.com

Soccer camp:

A high school pre-season soccer training program sponsored by Challenger Sports is scheduled for July 24-28 at the Junction City High School soccer field on 14th Street between Eisenhower and Westwood in Junction City.

Sessions for students in grades 8-12 will be conducted from 8 to 11 a.m. and from 4 to 7 p.m. Cost is \$50.

Applications are available at youth services on post and the YMCA, Twelfth Street Community Center, Screen Machine and the high school athletic department in Junction City.

Applications should be sent to Edgar Torres, 1015 Skyline Drive, Junction City, KS 66441.

Post RV storage to cost users

By Mike Heronemus
Editor

Recreational vehicle storage at Fort Riley no longer is free.

Responsibility for running the lot shifted from military housing to the Directorate of Morale, Welfare and Recreation June 1, and because DMWR funds most of its activities with non-appropriated funds, it was necessary to establish a monthly rental fee,

explained Scott Scherberger, who now supervises the lot's use.

When military housing maintained the lot, any resident on Fort Riley could ask to use an available space and not have to pay to store campers, boats or other vehicles, Scherberger explained.

"But, only post residents could use it," he emphasized. Now, any authorized MWR patron can rent space in the lot behind the post commissary, he said.

The lot contains 172 spaces in varying sizes: 12 feet by 40 feet, 12 by 30, 12 by 25 and 12 by 20. The largest space rents for \$32 a month. Each of the other three space sizes rents for \$16 a month.

Before the shift to DMWR, all residents with stored vehicles were supposed to receive a letter explaining the switch and explaining they would have to begin paying rent or remove their property from the lot, Scherberger said.

"Some people claim they didn't receive the letter, so I'm in the process of sending out new letters," he said. Once residents receive those letters, they will have to decide what they want to do, he added.

Some empty spaces are available for rent now, Scherberger said. Anyone wanting to rent one will have to make arrangements through the Outdoor Recreation Center on post. "Rent must be

paid six months in advance," Scherberger said.

"We did it that way to make it convenient for everybody. The renter doesn't have to worry about coming on post each month to pay the rent and we don't have to worry about reminding them the rent is due," he explained. "If a person removes the stored vehicle before the six months is up, he will get a refund for the remaining months."

Getting fit



Post/Paulson

Colleen Shanklin (left), Courtney Shanklin (middle) and Renee Satterlee begin their water aerobics workout at Eyster Pool on post with stretching exercises.

Water aerobics cool way to exercise

By Heidi Paulson
KSU intern

Those interested in water aerobics will find exercising to be social and fun at Eyster Pool, said City Agge, instructor of the Abs/Buns and Thighs class.

Two classes are available: Water Aerobics from 9:30 to 10:30 a.m. and from 5 to 6 p.m. on Tuesdays and Thursdays, and an Abs/Buns and Thighs class from 5:45 to 6:30 p.m. on Mondays and Wednesdays.

Foam dumbbells and ankle weights are available for use by participants to increase resistance while exercising in the water.

Agge said the demographics of the classes are different. "ABT has a younger crowd and focuses more on target areas," she said. "The other class is more of an overall workout."

She said more people attend the class during the winter, but that is normal.

"In the winter, we'd have 20 to 25 people here," Agge said. "It is summertime

and parents' schedules change."

Agge said she provides upbeat, techno versions of popular songs by artists such as Madonna, Good Charlotte and Britney Spears to accompany the workouts. She said some days there will be a request for a Bon Jovi CD, and she is happy to play whatever is requested.

"We do a lot of '80s music and pool party music," Agge said. "It's flexible upon request."

Renee Satterlee, whose spouse is in 2nd Battalion, 34th Armor, said after attending two classes she looks forward to more.

"The first time I was sore, so I knew this was good," she said. "I run a lot, so this kind of eases the impact. You can do a lot more stretching in the water, too."

Sgt. Maj. Colleen Shanklin, Directorate of Morale, Welfare and Recreation sergeant major, said she had a great time in the class. "This was more focused on individual areas, which is different than regular water aerobics," she said. "We will

return."

Courtney Shanklin, 17, accompanied her mother to the class. "It's something different and I enjoyed it," she said. "The temperature of the water is a little hot, though."

Agge said age doesn't matter in her water aerobics class. "As long as the child or teenager is able to do the workout, if they're serious about it, then they are more than welcome," she said.

One important thing to note, Agge said, is that you don't have to know how to swim to participate. Lifeguards are on duty.

Fitness water classes cost \$2.50 per session or \$20 for 10 sessions.

Eyster Pool, Building 6940, is a 50-meter heated indoor pool with seven lanes. It sits between the Post Exchange and Child Development Center.

Hot and cold showers are available, as well as lockers. Guests are required to furnish their own locks and towels.

Military all-stars to play JC team

Staff report

U.S. Navy and Marine Corps baseball players stop at Junction City this month to play the JC Generals at Rathert Field July 26 and 27. A game previously scheduled for July 25 was cancelled.

Game time each day is 7:05 p.m. Cost is \$4 for general admission, \$6 for the grandstand seats and \$20 for the beer garden.

Tickets are available at the Information, Ticketing and Registration Office, Building 6918, on post; at the Junction City Municipal Building, Seventh and Jefferson Streets; or at the ball park.

The Junction City stop is part of the team's "Red, White and Blue Tour"

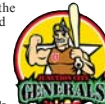
across the United States. It leaves Junction City to play in the 72nd Annual National Baseball Congress World Series in Wichita, Kan., July 29 through Aug. 14.

The JC Generals split their last two games with the Fellowship of Christian Athletes Grays, winning 7-3 July 14 and losing 7-2 July 15, at Rathert Stadium. The team of college players carries a season record of 18 wins and six losses going into the games against the military all-stars.

The military players wear their service baseball uniform while on the field. They are part of what is reported to be the fastest growing, largest, most successful and first re-organized military baseball program since the Vietnam War.

Under the direction of the commander, Navy Region Southwest, and in its 15th season, more than 16,500 active duty and reserve personnel have participated in the Navy Baseball Program in a worldwide effort to assemble the very best talent in the military, said U.S. Navy Lt. Cmdr. Terrence R. Allvord.

Many of the players have recently returned from deployment in direct support of Operation Iraqi Freedom.



Alan Hynek

By Alan Hynek

Fish and wildlife biologist

A different kind of armored vehicle has been seen in increasing numbers on Fort Riley. No, not some new four-wheeled armored vehicle. Rather, they're a four-legged armored transient from the south.

Often called "possum on a half

shell," these strange looking beasts have become well established throughout the southern United States and continue their northern invasion.

Armadillos are a "new world" species found only on the continents of North and South America. Of the

20 known species, only the nine-banded armadillo appears to be increasing in number and expanding the size of their range.

Most other armadillo species are either rare or very localized in their population.

Armadillos come in all shapes and

sizes, from the 3-foot long "giant armadillo" of eastern South America to the "pygmy armadillo" of Argentina.

Contrary to popular belief, armadillos are not marsupials and are not related to the opossum. Rather, they come from the very small order of mammals called Xenarthra, which includes sloths and anteaters.

See Wildside, Page 20

4-legged armored 'vehicles' roam Fort Riley

Armadillos growing in number, expanding U.S. range area

On the Wildside: News About Nature





Wildside continued from page 19

The name armadillo comes from the Spanish word "armado," meaning "armored one."

As the name implies, the nine-banded armadillo has a series of usually nine boney bands that protect the body from injury. Additional larger plates cover the upper and lower back.

While all armadillos possess some type of armored plating, they vary in the number of plates and widths, such as the three-banded and six-banded armadillo. The armor is actually made up of true bone that is connected by softer cartilage.

Besides the obvious armor, armadillos are unique for several reasons.

Females ovulate one egg per year but give birth to four identical young, making armadillos the

only mammal that practices natural cloning.

All four young develop from the same egg that is fertilized and then divided twice. Female armadillos also have been known to give birth more than two years after being in seclusion from other armadillos, indicating an ability to control fertilization.

Armadillos have teeth that possess no enamel because their diet consists of only soft insect matter.

Like most insect eating mammals, they have a long sticky tongue to slurp up bugs as quickly as possible. Their voracious appetite for ground dwelling insects has caused much consternation between homeowners because armadillos dig for food.

The armadillo family plays an

important role in the study of various diseases. Their poorly developed immune system makes them an ideal model for various type of research, particularly the most debilitating form of leprosy.

The metabolic rate of armadillos is very low, which means they do not produce much body heat.

They also have very few fat reserves and do not hibernate. This is the main reason they are generally found in the warmer subtropical regions of the Americas.

Despite all of these disadvantages, nine-banded armadillos have significantly increased in numbers and continue their northern migration.

As recently as 1850, armadillos were not known to occur

north of the Rio Grande River. Now, armadillos can be found as far north as the Ohio River Valley.

Like all wild animals, live armadillos should never be handled. Although they are generally placid in nature, their front claws can cause considerable damage.

For more information about armadillos or any other species of wildlife on Fort Riley, call the Conservation Office at 239-6211.

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Soldiers shine in world military triathlon

By Tim Hipps
Army News Service

SATENAS, Sweden — An Army officer won the senior women's crown at the 13th Conseil International du Sport Militaire's World Military Triathlon Championships in Satenas, Sweden.

Lt. Col. Heidi Grimm completed the 1,500-meter swim, 40-kilometer bike ride and 10-kilometer run in 2 hours, 13 minutes, 34 seconds on July 8 to lead female competitors age 35 and older.

"I'm on cloud nine," said Grimm, 38, of Fort Lewis, Wash. "I am getting better with age and loving it."

Army National Guardsman Darin Shearer, 32, a cadet in the Reserve Officers' Training Corps at the University of Florida, placed ninth overall, the highest finish ever by a U.S. male in the open division of the CISM Championships, with a time of 1:56:45. A member of the U.S. National Cross Country Team in 2000, Shearer once ran a 3:58 mile.

Maj. Michael Hagen, 44, commander of the U.S. Army World

Class Athlete Program, was third among senior men (40 and older) with a time of 2:02:18.

Team USA's trio of Grimm, Hagen and Navy Cmdr. Scott Jones, who was fifth among senior men at 2:06:31, won the elite senior mixed team title, followed by Belgium and France.

Shearer teamed with Navy Lt. Andrew Sause (40th at 2:05:36), Marine Corps Sgt. Nick Hooge (51st at 2:09:31) and Air Force Capt. Lara Brown (ninth among elite women at 2:12:20) for fifth place in the elite mixed team category behind France, People's Republic of China, Russia and Germany.

The Swedish Air Force hosted the event at Skaraborg Wing, the central authority of Satenas Garrison. Remains of the Stone Ages bear witness of the early inhabitants on the isthmus, where the wing is situated on Lake Vanern, site of the swim.

"It was a beautiful setting," said Fort Carson, Colo.'s, Hagen, who has competed seven times in the rotating event with a runner-up and two third-place finishes since joining the senior division.



U.S. Navy/Williams

Army Lt. Col. Heidi Grimm of Fort Lewis, Wash., leads Air Force Capt. Lara Brown of Los Angeles Air Force Base during the bike portion of the 2006 Armed Forces Triathlon Championships at Naval Base Ventura County Point Mugu, Calif. Grimm and Brown finished first and second, respectively.

"We had a beautiful lake to swim in and the bike race was on the airfield. Doing loops around the runways and taxi-ways was quite different."

"The location was really unique and made it even more fun," added Grimm, who built an 8:40 lead on the bike. "They

cleared all the runways and the pavement was perfect. It made for a sweet bike ride."

Lt. Cmdr. Amy Cocanour, the 1997 Armed Forces Athlete of the Year stationed at U.S. Coast Guard Sector Seattle, finished fourth in the senior women's division with a time of 2:31:44. Cmdr. Michael Ferreira of Coast Guard Air Station Barbers Point, Hawaii, was ninth among senior men at 2:12:10.

Grimm, a co-winner of the 2004 Army Female Athlete of the Year award, won the women's open division of the 2006 Armed Forces Triathlon Championships June 24 at Naval Base Ventura County Point Mugu, Calif.

She completed the 1,500-meter swim, 24.8-mile bike ride and 6.2-mile run with a time of 1:59:09.

Navy Lt. Timothy O'Donnell won the race with a time of 1:41:46, and Shearer finished second in 1:45:53. Air Force Capt. James Bales won the men's bronze medal in 1:47:18. Hagen finished fourth with a time of 1:47:36.

Grimm prevailed on the run against silver medalist Brown, followed by Navy Ensign Rachel Beckmann, who took the bronze.

"It was one of those battles that remind you what you're made of," Grimm said of running against Brown, a former cross-country star at the U.S. Air Force Academy. "Stride for stride we were shoulder-to-shoulder for five miles — neither one of us willing to relent."

Grimm eventually pulled away and won by 12 seconds.

Air Force won the four-woman team championship with a cumulative time of 8:20:24, followed by Navy (8:40:57), Marine Corps (8:51:46) and Army (8:57:46).

Navy won the eight-man team title in 14:50:55, followed by Air Force (15:01:54), Marine Corps (15:19:29) and Army (15:28:20).

Tim Hipps writes for the U.S. Army Community and Family Support Center Public Affairs Office.

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Fort Riley company level slow-pitch softball scores

National League

July 10

Co. C, 1st Bn., 13th Armor, defeated HHC, 2nd Bn., 16th Inf., 19-6

Co. C, 70th Eng. Bn., won by forfeit over Btry. A, 2nd Bn., 32nd FA

2nd Sqdn., 4th Cav., won by forfeit over HHC, 3rd BCT

Co. A, 610th BSB, defeated

HHD, 97th MP Co./PMO 35-14

Co. B, 125th FSB, won by forfeit over 2-2 HET

July 11

HHC, 2nd Bn., 16th Inf., defeated HHD, 97th MP Co./PMO 7-6

Co. A, 2nd Bn., 70th Armor, defeated HHC, 2nd Bn., 16th Inf., 15-8

Co. C, 1st Bn., 13th Armor, defeated 2nd Sqdn., 4th Cav., 20-12

596th Signal Co. defeated Btry. A, 2nd Bn., 32nd FA, 20-8

Co. D, 610th BSB, defeated Co. B, 125th FSB, 15-14

Co. D, 610th BSB, defeated 596th signal Co. 10-8

24th Trans. Co. defeated Btry. A, 2nd Bn., 32nd FA, 23-1

172nd Chem. Co. won by forfeit over 1st Maint. Co.

Co. C, 1st Bn., 41st Inf., won by forfeit over Co. A, 610th BSB

July 12

HHD, 97th MP Co./PMO won by forfeit over 2nd Sqdn., 4th Cav.

Co. A, 2nd Bn., 70th Armor, won by forfeit over Co. A, 610th BSB

Co. C, 1st Bn., 13th Armor, defeated Btry. A, 2nd Bn., 32nd FA, 18-8

Svc. Btry., 4th Bn., 1st FA, defeated Co. B, 125th FSB, 12-7

24th Trans. Co. defeated Co. C, 1st Bn., 41st Inf., 10-9

League standings as of July 17

National League

Team	Wins	Losses
HHC, 3rd BCT	0	11
Co. C, 1st Bn., 41st Inf.	5	6
Co. C, 1st Bn., 13th Armor	14	1
Co. A, 2nd Bn., 70th Armor	11	4
Co. C, 2nd Bn., 70th Armor	4	7
Btry. C, 4th Bn., 1st FA	14	7
Svc. Btry., 4th Bn., 1st FA	8	8
Co. C, 70th Eng. Bn.	13	2
Co. B, 125th FSB	9	6
596th Sig. Co.	5	10
HHC, 2nd Bn., 16th Inf.	8	8
2nd Sqdn., 4th Cav.	14	3
Btry. A, 2nd Bn., 32nd FA	4	12
Co. A, 610th BSB	3	16
Co. B, 610th BSB	8	6
Co. C, 610th BSB	2	11
Co. D, 610th BSB	7	3
Co. E, 610th BSB	8	6
Co. F, 610th BSB	1	6
Co. G, 610th BSB	9	4
HHC, 4th IBCT STB	0	2
24th Trans. Co.	9	6
2/2 HET	4	9
172nd Chem. Co.	5	9
1st Maint. Co.	5	10
3/362 Armor, 2/91st	6	6
CGMCG	1	3

American League

Team	Wins	Losses
HHC, 1st BCT	4	13

2nd Sqdn., 4th Cav., defeated 24th Trans. Co. 17-1

July 13

HHC, 2nd Bn., 16th Inf., won by forfeit over HHC, 3rd BCT

Btry. A, 2nd Bn., 32nd FA, won by forfeit over 2-2 HET

172nd Chem. Co. won by forfeit over Co. A, 610th BSB

HHD, 97th MP Co./PMO, won

by forfeit over 1st Maint. Co.

Co. 2nd Bn., 70th Armor, defeated Btry. A, 2nd Bn., 32nd FA, 15-10

Btry. C, 4th Bn., 1st FA, defeated Co. D, 610th BSB, 19-18

Btry. C, 4th Bn., 1st FA, defeated 24th Trans. Co. 23-4

2nd Sqdn., 4th Cav., won by

Co. B, 1st Bn., 16th Inf. #1	0	3
Co. B, 1-16th Inf. Nationals	11	6
Co. C, 1st Bn., 16th Inf.	16	1
HHC, 1st Bn., 34th Armor	4	2
Co. B, 1st Bn., 34th Armor	5	11
Co. C, 1st Bn., 34th Armor	1	13
Btry. B, 1st Bn., 5th FA	12	5
Btry. D, 1st Bn., 5th FA	11	3
HHC, 2nd Bn., 34th Armor	13	3
Co. A, 2nd Bn., 34th Armor	11	4
HHC, 1st Eng. Bn.	4	15
FSC, 1st Eng. Bn.	8	13
111th Sapper Co.	7	14
41st Eng. Co.	8	8
72nd Eng. Co.	8	8
HHD/Co. A, 101st FSB	3	13
Co. B, 101st FSB	14	6
D Trp., 2nd Sqdn., 4th Cav.	10	4
HHC, 24th Inf. Div. (Mech)	6	10
15th Fin.	2	12
977th MP Co.	4	7
MEDDAC/DENTAC	11	4
10th ASOS	7	5
116th MP Co.	6	7
HHD 97th MP/PMO	4	5
2nd Bn., 1st Avn.	1	1
2/356th, 2/91st	1	7

Battalion League

Team	Wins	Losses
1st Eng. Bn.	3	7
2nd Bn., 34th Armor	9	1
MEDDAC/DENTAC	6	4
610TH BSB	2	8

forfeit from 2-2 HET

Co. A, 2nd Bn., 70th Armor, defeated 2nd Sqdn., 4th Cav., 12-4

July 17

HHC, 2nd Bn., 16th Inf., defeated 24th Trans. Co. 13-7

Co. C, 70th Eng. Bn., defeated CGMCG 34-6

Co. C, 1st Bn., 41st Inf., won

by forfeit over Btry. A, 2nd Bn., 32nd FA

HHD, 97th MP Co./PMO, defeated 2nd Bn., 1st Avn., 15-8

2nd Bn., 1st Avn., defeated Btry. C, 4th Bn., 1st FA, 11-8

Co. C, 1st Bn., 41st Inf., defeated HHC, 2nd Bn., 16th Inf., 18-4

American League

July 10

Btry. B, 1st Bn., 5th FA, defeated 2/356, 2nd Bde., 91st Div., 14-13

Btry. D, 1st Bn., 5th FA, defeated 2/356, 2nd Bde., 91st Div., 14-5

Btry. D, 1st Bn., 5th FA, defeated Co. B, 1st Bn., 16th Inf., Nationals 7-6

Btry. B, 1st Bn., 5th FA, defeated Co. B, 1st Bn., 16th Inf., Nationals 9-8

July 11

Co. C, 1st Bn., 16th Inf., won by forfeit over D Troop, 4th Cav.

Btry. B, 1st Bn., 5th FA, defeated HHC, 24th Inf. Div., 9-8

Co. B, 101st FSB, defeated Co. B, 1st Bn., 16th Inf., Nationals 19-5

Co. B, 1st Bn., 16th Inf., Nationals defeated HHD/Co. A, 101st FSB, 19-11

D Troop, 4th Cav., defeated 977th MP Co. 8-7

HHD/Co. A, 101st FSB, defeated 2/356, 2nd Bde., 91st Div., 18-14

Co. B, 101st FSB, defeated 2/356, 2nd Bde., 91st Div., 22-4

July 12

2/356, 2nd Bde., 91st Div., won by forfeit over HHC, 1st BCT

Co. B, 1st Bn., 16th Inf., Nationals won by forfeit over HHC, 1st BCT

Co. B, 1st Bn., 16th Inf.,

Nationals defeated 2/356, 2nd Bde., 91st Div., 17-1

HHC, 2nd Bn., 34th Armor, defeated 977th MP Co. 15-5

Co. C, 1st Bn., 16th Inf., defeated HHC, 24th Inf. Div., 14-1

HHC, 24th Inf. Div., defeated Btry. D, 1st Bn., 5th FA, 15-10

Btry. D, 1st Bn., 5th FA, defeated Co. B, 1st Bn., 34th Armor, 25-15

Co. B, 101st FSB, defeated HHC, 1st Bn., 34th Armor, 15-9

MEDDAC/DENTAC defeated D Troop, 4th Cav., 18-17

July 13

HHC, 1st Bn., 34th Armor, defeated 15th Finance 17-3

Co. B, 101st FSB, defeated HHC, 24th Inf. Div., 16-9

D Troop, 4th Cav., defeated Co. B, 1st Bn., 16th Inf., Nationals 8-7

D Troop, 4th Cav., defeated 2/356, 2nd Bde., 91st Div., 13-2

HHC, 24th Inf. Div., defeated 2/356, 2nd Bde., 91st Div., 5-4

July 17

15th Finance defeated HHC, 1st BCT, 8-3

HHC, 1st Bn., 34th Armor, defeated HHD/Co. A, 101st FSB, 13-9

977th MP Co. defeated HHD/Co. A, 101st FSB, 5-3

977th MP Co. defeated Co. B, 1st Bn., 34th Armor, 8-7

HHC, 1st Bn., 34th Armor, won by forfeit over 10th ASOS

Co. B, 101st FSB, won by forfeit over Co. C, 1st Bn., 34th Armor

Co. B, 1st Bn., 34th Armor, won by forfeit over Co. C, 1st Bn., 34th Armor

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Soldiers make rifle, shotgun, pistol teams

Army News Service

FORT BENNING, Ga. – Fifteen Soldiers from the U.S. Army Marksmanship Unit have been selected for the USA Shooting World Championship Team.

Making the World Championship Rifle Team were USAMU international rifle shooters Lt. Col. Robert E. Harbison, Sgts. 1st Class Jason A. Parker and Thomas A. Tamas, Sgt. Shane M. Barnhart and Spcs. Nicole M. Allaire and Michael D. McPhail.

Making the World Championship Shotgun Team were Sgts. 1st Class Joetta R. Dement, Theresa E. DeWitt and Shawn C. Dulohery, Staff Sgt. William H. Keever, Spc. Matthew T. Wallace and Pfc. Joshua M. Richmond.

USAMU pistol shooters who made the World Championship Team are Sgts. 1st Class Thomas A. Rose and Daryl L. Szarenski and Staff Sgt. John C. Ennis. Army Reserve Staff Sgt. Elizabeth Callahan and Navy Reserve Lt. Eric A. Uptagrafft also made the team.

The 2006 International Shooting Sport Federation World Shooting Championships will be held in Zagreb, Croatia, July 22 to Aug. 5.

This is the first time I've made the World Championship Team and it feels great," Barnhart said. "We're sending a real strong team and I think we have an excellent chance of doing well."

Not only was it the first time that McPhail had made a World Championship Team, it was his first time making the National Team. The Soldier, who has only been with the USAMU for about a year, said he was very satisfied and happy about making the team.

"I was pretty confident going into the match; I had been shoot-

ing pretty well lately," McPhail said. "I really have to thank all my teammates who have helped me a lot. They've taken me under their wings and taught me how to shoot and how to win."

In the Three-Position Match, the only shooters who beat McPhail were Olympians Matt Emmons and Parker. McPhail even beat 2004 Olympic Silver Medalist Maj. Michael E. Anti, who McPhail said has helped him a lot.

"The competition here at the Marksmanship Unit is very good; it's amazing," McPhail said. "It's nice to learn from someone who's already done it; my teammates really guide me with their experience."

USA Shooting only conducts a team selection match for the rifle and pistol disciplines before its three major international competitions – the Olympic Games, the World Championships and the Pan-American Games – in order to ensure the most qualified shooters make the team.

A total of 80 athletes (24 rifle, 26 pistol and 30 shotgun) were selected by USA Shooting to represent the United States at the world's largest and highly anticipated shooting championships, which are expected to draw more than 2,000 shooting athletes from around the world.

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CLASSIFIED ADS





Celebration recalls Oregon Trail travel

Special to the Post

BLUE RAPIDS, Kan. — A variety of events are scheduled at Alcove Spring Aug. 6 to celebrate the visit of Ezra Meeker's Wagon with re-enactors during their travel from Puyallup, Wash., to the annual Oregon-California Trails Association convention Aug. 8-12 in St. Joseph, Mo.

The event will be a commemoration of the journey Meeker made 100 years ago along the Oregon Trail to highlight its history and to encourage people to put up trail markers.

Fort Riley's Commanding General's Mounted Color Guard is scheduled to set up an encampment to showcase the history of the westward expansion. Encampments include a chuck wagon, mules, tents, weapons, cooking utensils and other items that demonstrate living conditions of Meeker's time.

The Kansas Muzzleloaders Association also will have an encampment and members dressed in 1800s attire. The Friends of Hollenberg Station of Hanover will wear period clothes as well.

Hollenberg Station also will have a Mormon style push cart and covered wagon. Yvonne Larson will be there with Nan's covered wagon.

Ford Dixon of Kaysville, Utah, will give a presentation about his team of oxen, Thor and Zeus. Dixon will tell the oxen story as it relates to the Oregon Trail experience.

The U.S. Postal Service will

If you go:

Alcove Spring is off a township road about 6 1/2 miles north of Blue Rapids. A sign near the Georgia-Pacific plant on U.S. Highway 77 marks the turn west onto the township road.

People coming from Marysville can pick up the road off U.S. 77 just south of the railroad overpass. Turn west and follow the east river road about six miles.

For more information, call Duane Iles at (785) 363-7183.

sponsor a booth at Alcove Spring during the event for a special stamp cancellation and specially designed commemorative envelope.

A buffalo burger barbecue will begin at 5 p.m. Advance reservations are \$6 a person; the meal will cost \$8 the day of the event. Contact Carol Osborne at (785) 494-2449 or Duane Iles at (785) 363-7183 to make reservations. Checks and reservations can be mailed to Alcove Spring, P.O. Box 98, Blue Rapids, KS 66411.

Guided tours will begin at 9 a.m. and go on throughout the day. Transportation will be provided for those who need assistance.

The welcome will be at 2 p.m. with Meeker's program scheduled for 4 p.m. All times are approximations, depending on the arrival of the Meeker Wagon.

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Leisure time ideas

Junction City:

What: "Essence of Summer" concert. Features the Ginger Commodore Quartet from Minneapolis, Minn., Kenny James Kwartet from Kansas City, Mo., and 3 A.M. from Lawrence, Kan. Show features melodic rhythms of classic, Latin, smooth jazz, funk, old school and R&B.

When: 7 to 10:30 p.m. July 22

Where: Heritage Marriott Convention Center, 310 Hammons Drive

Cost: \$36 for adults, \$20 for students under 18 years old

Tickets: Marriott Convention Center from 11 a.m. to 1 p.m. and 5 to 7 p.m. July 21 and noon to 6:45 p.m. July 22

Phone: (785) 213-3297

• • •

What: Seventh annual Bluegrass and Old Tyme Music Festival. Performers include Judy Coder and Pride of the Prairie, Whitehouse Harmony, The O'Brien Family, Ready Brothers, Thad Beach, Fresh Green Grass, Pastense and Midnight Flight. Camping sites available.

When: July 28-29
Where: Milford State Park, 7 miles northwest of Junction City by Milford Lake
Admission: \$15 July 28, \$20 July 29, \$25 for weekend pass.
Phone: Milford State Park information available at (785) 238-3014. Performance information available at (785) 762-4995. For reservations, call (785) 238-3655.

Manhattan:

What: "Recent Works" by Kari Lennartson. Art exhibit of bold abstract paintings that explore the various meanings of "home."

When: July 22 through Sept. 2. Museum is open 10 a.m. to 5 p.m. Monday through Friday and 1 to 4 p.m. Saturday.

Where: Manhattan Arts Center, 1520 Poyntz Avenue
Admission: Free
Web site: www.manhattanarts.org

Abilene:

What: "The Music Man." Stage musical written by Meredith Willson

When: Through July 23, showtime 8 p.m. Friday and Saturday, 2 p.m. Sunday
Where: Tietjens Center for the Performing Arts
Admission: \$17.50 adults, \$11 students
Phone: (785) 263-4574 or (888) 222-4574

Topeka:

What: Fifth annual Mulvane Women's Board Antique Show and Sale. Features quality vendors from across the Midwest with porcelain, folk art, majolica, flow blue, fine Americana, including coin silver, sterling, art deco, furniture, art nouveau, country and varied objects de vertu.

When: July 28-30
Where: Lee Arena, Washburn University, 18th Street and Washburn Avenue
Phone: (785) 670-1124
Web site: http://www.washburn.edu/mulvane

Kansas City:

What: Woodlands Wiener

Dog Nationals. Sixty-four vertically challenged dachshunds racing in hopes of being crowned the 2006 Wiener Dog National Grand Champion.

When: July 30
Where: The Woodlands, 9700 Leavenworth Road
Phone: (913) 299-9797 or (800) 695-7223
Web site: http://www.woodlandskc.com

Belleville:

What: Belleville Midget Nationals. One of the biggest midget events in the country drawing best cars and drivers around.

When: July 28-29
Where: 9th and O Street, Belleville High Banks racetrack
Phone: (785) 527-2488
Web site: http://www.highbanks.org

Wilson:

What: Czech Festival. Authentic Czech food, parade, softball tournament, art and crafts show, custom rod, antique tractors and car show, queen

pageant, and polka and square dances, and flea market.

When: July 28-30
Where: Citywide
Phone: (785) 658-2211
Web site: http://www.midland-hotel.com

Nicodemus:

What: Emancipation and Homecoming Celebration. Annual celebration commemorating freedom acquired through emancipation.

When: July 28-30
Where: Roadside Park
Phone: (785) 421-2141

Wichita:

What: "Sweet Charity." Music Theatre of Wichita presents the Bob Fosse classic featuring "Hey, Big Spender" and "If My Friends Could See Me Now."

When: Through July 23
Where: 225 W. Douglas, Concert Hall, Century II
Phone: (316) 265-3107 or (800) 265-3107

Web site: http://www.musictheatreofwichita.org

Hutchinson:

What: 50th annual National Auto Races.

When: July 22-24
Where: 2000 N. Poplar
Phone: (316) 755-1781
Web site: www.81speedway.org

Caldwell:

What: Demolition Derby
When: July 29
Where: 818 W. Central, Caldwell Rodeo Grounds
Phone: (620) 845-2561

Great Bend:

What: SRCA Races, NHRA Lucas Oil Race
When: July 21-23
Where: 455 W. Barton County Road, E. 10th Street, Expo Complex
Phone: (785) 483-1980
Web site: www.srcadragstrip.com

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